

**BLUE
BLOOD**

How Luxon pulled the
Nats out of a toxic tailspin



NEW ZEALAND

LISTENER

SPECIAL INVESTIGATION

JULY 30-AUGUST 5 2022

WHO KILLED KIRSTY BENTLEY?

EXCLUSIVE:

**A stunning new
twist in our most
famous cold case**



NEIL GAIMAN
How *The Sandman*
became a TV epic

FAME GAME
The fascinating origin
of many modern words

HALLELUJAH
Leonard Cohen's song
on the big screen

Te Kaiwhakarongo Aotearoa

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Charles in charge?

The time is fast approaching when this country should have its own home-grown head of state, argues PETER HAMILTON.

The Queen's eventual passing will bring into sharp relief the question of whether New Zealand should become a republic. The head of state is the most important constitutional position in a Western democracy and embodies the "persona" of the nation in a way a politician never can.

Queen Elizabeth II has done a brilliant job of representing the United Kingdom in her international activities. But she is absent from our national life and has not visited New Zealand in more than 20 years. Nor will "King Charles III" and his wife be the dynamic duo we need in these difficult times to promote New Zealand in our key markets. This is a key function of a head of state, which New Zealand is currently missing out on.

At present, the Governor-General must fulfil the role of our absentee head of state. But the job lacks the status associated with this high office. We expect them to carry out all the duties and functions as if they were our head of state but decline to accord them the mana and prestige that should go with their office.

This diminishes their profile both domestically and internationally. Many New Zealanders probably don't even know the name of our current Governor-General, Dame Cindy Kiro.

Under a republic scenario, the Governor-General would be the focus of our national identity.

A referendum would need to be held on the issue. If the majority wanted a republic, a second decision would be necessary to determine how the head of state would be chosen.

Many New Zealanders have said they might support a republic, but not if it means having a US-style president. The office needs to be non-partisan, but that is easily achieved by requiring that the person be appointed by a majority of Parliament – say 70% – and by excluding former politicians from the role.

The decision can be made independent of the current discussion on whether New Zealand should have a written

constitution. In fact, establishing a republic would not require major legislative overhaul.

A common refrain is that Māori would not want to sever the link with the British Crown because the Treaty of Waitangi was signed with Queen Victoria. The reality is that successive colonial governments, acting in the name of the Crown, permitted serious breaches of the Treaty for more than 100 years, until local politicians, from the 1970s on, set about redressing land grievances.

It is for tangata whenua to outline their views on this, but what is important is that the legal status of the Treaty remains embedded in our constitution. The British Crown has no role to play in that regard.

Prince Charles recently made it clear that it is up to individual countries to decide their future; the monarch has no role in such decisions. Most Commonwealth countries are already republics. Barbados has just joined their ranks and others in the Caribbean are lining up to follow suit. Australia's new government has also appointed a junior minister to investigate Australia becoming a republic.

Those who are attracted to the pageantry and family squabbling will still be able to enjoy the spectacle of monarchy in the UK. And "King Charles" would still be a welcome visitor to our shores as head of the Commonwealth.

But it is time to break the last vestiges of the colonial apron strings and choose a New Zealander as our head of state, rather than a monarch who still sits at the apex of the British class system. That would certainly underscore our identity as a mature,

independent and confident nation situated in the South Pacific, with close links to Asia as well as to Europe and the United States. ■

*Peter Hamilton is a former deputy secretary in the Ministry of Foreign Affairs and Trade and was a diplomat for 35 years. His recent memoir, *New Moons for Sam*, sets out the case for having a New Zealander as our head of state.*



Distant reign: should Prince Charles be our next head of state?

A new head of state could be appointed by a majority of Parliament, with former politicians excluded from the role.

SUBMISSIONS for *Upfront* should be approximately 600 words long and should be sent to listener@aremedia.co.nz. Full contact details must be provided.

Our failing health system



Last year, with a day off from my anaesthesia work and free to roam, I reflected on the dire state of Wellington Hospital. I was so concerned that I contacted the office of the Health and Disability Commissioner (HDC). Space and staffing were causing daily compromises with patient care.

Like many hospitals, it consistently runs near or over 100% occupancy in all beds, as well as ICU. There were 35 patients waiting in ED, including in corridors. Major surgeries were on hold or cancelled on the day, due to

lack of capacity. Sometimes, there isn't a ward bed for ICU patients, but they need to be pushed out early. These factors are dangerous, cruel and wasteful. Nurses were already stressed and increasingly burnt out.

Wellington is not in any way unique in the New Zealand system, and its problems are not due to individual failure in the organisation.

The HDC representative informed me that the dangerous deficiencies were not its concern. I then clarified with her that if harm happened to

one of my patients, I would indeed be found wanting or culpable under the HDC Act. I found this an extremely compromising situation.

This is not a problem of any particular political party, as health organisations have shuffled chairs and money for as long as I can remember. I suspect the current reorganisation, while laudable, will mainly divert a huge amount of the limited health budget away from patient care.

As recommended, I wrote to various Wellington Hospital managers, as well as Health

Minister Andrew Little, and spoke to the outgoing Director-General of Health, Dr Ashley Bloomfield. They either ignored me or placated me.

The situation with Covid-19 and influenza is even more dangerous for patients and staff now. I no longer work, but know the failure of the system has continued. This has been entirely predictable from early 2020.

Now, desperately overworked and stressed practitioners are able to be held accountable, even when they are doing their best. Surely

WINNING CAPTION

Margaret Cannon, Palmerston North

FINALISTS

Prince William, Duke of Cambridge: "Oh no, I forgot to remind Father he's babysitting today." – Brian Gore, Tauranga

Caption: Duchess of Cambridge delighted to win the first four rounds of "I Spy". – Bronwen Gunn, Levin

PA announcement: "Would the owner of a Range Rover registration HUFRTD please move their vehicle from the main entrance." – John Carstensen, Tauranga

Catherine, Duchess of Cambridge: "Don't worry, darling, no one will know it was me."

William: "Except, perhaps, the woman in front."

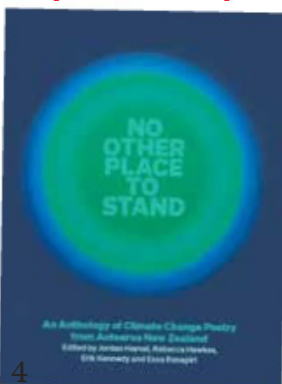
– Kate Highfield, Hastings

Catherine: "Next tour's New Zealand!"

– Ann Love, Nelson

Catherine: "Game, set, match, love. You get to open the old folks' home in Hull." – Vic Evans, Nelson

Caption Competition {listenercaption@aremedia.co.nz}



TO ENTER Send your captions for the photo at right to listenercaption@aremedia.co.nz, with "Caption Competition No 471" in the subject line. Alternatively, entries can be posted to "Caption Competition No 471", NZ Listener, PO Box 52122, Kingsland, Auckland 1352. Entries must be received by noon, Tuesday, August 2.

THE PRIZE An anthology of climate change poetry from 91 writers with connections to Aotearoa New Zealand.



Caption competition
THIS WEEK'S PICTURE



Roger Tuivasa-Sheck and Ian Foster ahead of the third test between the All Blacks and Ireland in Wellington, on Saturday, July 16.

this accountability rests with the Minister of Health or the director of the ministry?

Dr Paul Glover

Gratefully retired anaesthetist

LETTER OF THE WEEK

WEALTH OF OPPORTUNITY

Thomas Piketty blames capitalism for financial inequality (“Wealth by stealth”, July 23). However, the concentration of wealth into the hands of a tiny elite is more pronounced in communism, where those with political connections get the wealth and power.

Already in New Zealand, we have too much power centralised in Wellington. It is partisan and inefficient, with countless millions being wasted on pet projects. Redistribution of wealth through central government will never create equality.

What is required is for people to find meaningful and useful jobs within society. In order to do this, they will no doubt have to study hard at school, work hard as an adult, and spend their money wisely. People need to realise that this is a way to achieve wealth and doing the opposite leads to poverty.

To blame and penalise people through burdensome taxes just for working hard is perverse. The aim of a fair society is to facilitate people’s mobility through the strata of wealth, so that the indolent rich fall and the industrious poor rise.

Bruce Robertson
(Westmere, Auckland)

HOUSING AND TAX

In his speech to the National Property Conference (“House of Cards”, July 16), Reserve Bank chief economist Paul Conway states that the Tax Working Group in 2018 showed that the tax system had historically favoured housing as an investment asset.

This is factually incorrect and is based on work that



“We’re just asking everyone for a small donation to help keep the event free.”

was presented to the working group by the Treasury and the Inland Revenue Department, which claimed that for a representative investor, housing marginal effective tax rates can be close to five times lower than other investment strategies, such as foreign shares and domestic superannuation funds.

The NZ Property Investors Federation then commissioned an economic report into the validity of the Treasury and IRD research design and conclusions. This report, by economic consultants Morgan Wallace, pointed out errors in the Treasury/IRD research design and their finding that rental property was taxed less than other investment classes.

In summary, the Morgan Wallace report concluded that the Tax Working Group paper assumed that only housing/property has a capital return component and that PIE, superannuation fund and company investments don’t.

This is clearly not the case, and rental property pays at least the same marginal tax as other asset classes that have a capital growth element attached to them.

The Morgan Wallace report was then presented to and accepted by the working group, which in its final report did not include or reference the research claiming that rental property was under-taxed. In fact, it said “the group’s view is that tax has not played a large role in the current state of New Zealand’s housing market, and will be unlikely to play a large role in fixing it”.

Peter Lewis
Property Investors Federation

Reserve Bank chief economist Paul Conway responds: “We do not believe the evidence presented by the NZPIF is conclusive enough to remove from the initial RBNZ report (referred to in the *Listener* article).

“Neither Treasury nor IRD has retracted the tax analysis and the NZPIF-commissioned report does not sufficiently change results to alter any conclusions drawn.

“We note that this Treasury and IRD analysis is backwards looking, and more recent changes in tax policy and economic conditions mean that these taxation and economic relationships may not continue in future.”

Letters to the editor {listenerletters@aremedia.co.nz}

The Editor, NZ Listener, PO Box 52122, Kingsland, Auckland 1352

- Letters must be under 300 words. Preference is given to shorter letters.
- A writer’s full residential address is required on all letters, including emails.

- A phone number can be helpful.
- Pen names or letters submitted elsewhere are not acceptable.
- We reserve the right to edit or decline letters without explanation.

Quips & Quotes

"History is a vast early warning system."

– Norman Cousins

"Metaphors have a way of holding the most truth in the least space."

– Orson Scott Card

"I want my 13-year-old to understand how important honesty is but also know that she is 12 when kids eat free."

– Seen on Twitter

"That it will never come again is what makes life sweet."

– Emily Dickinson

"Wealth is the ability to fully experience life."

– Henry David Thoreau

"Friendship is always a sweet responsibility, never an opportunity."

– Khalil Gibran

"Austerity measures ... will only lead to less money being spent in areas like health and education."

– Grant Robertson on the government's approach to tackling inflation

"Luck is a very thin wire between survival and disaster, and not many people can keep their balance on it."

– Hunter S. Thompson

"The only love affair I have ever had was with music."

– Maurice Ravel

"I went into this competition to tell my story, and to highlight my food, and talk about migrant communities and their cuisine and how we should celebrate them in mainstream media."

– Sam Low, 2022 winner of MasterChef NZ

10 Quick Questions

by GABE ATKINSON

1. For what main purpose were retail price tags invented in the late 19th Century?

- ☐ Simplify accounting
- ☐ Eliminate haggling
- ☐ Reduce shoplifting
- ☐ Improve advertising

2. Which breed of dog is the character Scooby-Doo based on?

- ☐ Great Dane
- ☐ Irish Wolfhound
- ☐ German Shepherd
- ☐ St Bernard

3. A new, giant species of what kind of plant was recently identified growing in London's Kew Gardens?

- ☐ Venus flytrap
- ☐ Monstera
- ☐ Waterlily
- ☐ Pitcher plant

4. In 1915, a woman named Mary Chubb asked her husband, Cecil, to purchase

some curtains at an auction. What did he buy instead?

- ☐ Big Ben
- ☐ Stonehenge
- ☐ Tower of London
- ☐ Canterbury Cathedral

5. Which German city was founded in 1938 to accommodate Volkswagen factory workers and their families?

- ☐ Berlin
- ☐ Hamburg
- ☐ Munich
- ☐ Wolfsburg

6. Which actress is the voice of Marge, Patty and Selma in *The Simpsons*?

- ☐ Yeardley Smith
- ☐ Julie Kavner
- ☐ Nancy Cartwright
- ☐ Pamela Hayden

7. What is the title of a well-known poem that begins: "If I should die,

think only this of me"?

- ☐ The Rime of the Ancient Mariner
- ☐ The Soldier
- ☐ The Waste Land
- ☐ The Raven

8. Which of these nominated films won the Oscar for Best Picture in 1995?

- ☐ Four Weddings and a Funeral
- ☐ Pulp Fiction
- ☐ The Shawshank Redemption
- ☐ Forrest Gump

9. In real life, which of these creatures has a higher maximum running speed?

- ☐ Coyote
- ☐ Roadrunner

10. K Bars have been made by Whittaker's since the 1950s. What is the K short for?

- ☐ Knave
- ☐ Kwench
- ☐ Knobbly
- ☐ Kaput

Answers on page 58.

TIMING IS EVERYTHING

I enjoyed your cover story describing Russell Foster's exciting research on circadian rhythms ("Like clockwork", July 16) but have some concerns regarding the sidebar, "Timing is everything". The advice to switch to take blood pressure medication at night rather than in the morning is controversial.

Although the conclusion, based on the Spanish study in the *European Heart Journal*, stating that cardiovascular risk is halved when BP medication is taken at night is correct, what is important for most people is to consider what the risk actually is and what difference changing this behaviour will make to them.

During the six years of the trial, 1752 of the 20,000 patients experienced a cardiovascular event. The hazard ratio was 0.55, which tells us that morning takers had

about 1200 events and evening takers about 600. The risk was halved, but for about 97 out of every 100 patients, whether the medication was taken in the morning or in the evening made no difference (the medication was effective whenever it was taken).

The other concerning issue is that the controversy generated by the publication of this paper prompted the editors of the *European Heart Journal* to publish an "expression of concern" stating that the content and conduct of the trial is under investigation and that the major results and conclusions should be interpreted with caution until further notice. As is usually the case, this proviso did not receive as much publicity as the paper that triggered it.

Although timing of medication taking is important for many medicines, I would not rush into changing the time

of taking BP medication based on this one Spanish study.

Tony Townsend
(Matakana)

In reference to the article on circadian rhythms, readers would be interested in the research done in this field by a New Zealander, Anna Wirz-Justice.

Anna was born and schooled in Christchurch and is a graduate of Otago University. She is now professor emerita at the Centre for Chronobiology, Psychiatric Hospital of the University of Basel in Switzerland.

Her research has focused on the therapeutic applications of chronobiology, non-pharmaceutical clinical applications for health and wellbeing, and treating mental conditions. Among other things, she introduced light therapy for treating seasonal depression in Europe.

Anna has received many

awards, including that of the Australian Society for Medical Research in 2013, and more recently, the Daylight Award in Europe for daylight research.

Patricia Armour

(Narrow Neck, Auckland)

FIVE ORDINARY WOMEN

Charlotte Grimshaw (*Diary*, July 16) writes almost enthusiastically about women who have chosen to have an abortion. However, there are occasions when a woman, when asked why she wants an abortion, replies, “I have no choice.” Usually this is because the partner has threatened to abandon her if she proceeds with the pregnancy and often these women are dependent on their partner for monetary as well as emotional support. Some are students dependent on family support.

One needs to remember these women when talking about “the right to choose”.

Kathleen Kenrick

(Roslyn, Dunedin)

The five “ordinary women” in Charlotte Grimshaw’s column are, by her own definitions, anything but ordinary. University educated and married, as examples: only a third of New Zealand women have a university degree, and many are not married.

Rape, sadly, is misogynistic violence that affects all social and economic classes.

The other of Grimshaw’s certainties is that these women’s abortions were not “agonising” decisions. How can she speak with such certainty? Having to part with a pregnancy because you live in a car, or have more than you can manage in your domestic situation, may pragmatically be the right decision, but it does not mean it is without grief and a sense of loss.

The contemporary rhetoric is that an unplanned pregnancy is just an inconvenience, thus denying women even the possibility of speaking to their sadness.

Reproductive justice must include easy access to abortion services, something that New Zealand women have always had to negotiate, with very little improvement since March 2020. To date there is no formal training for abortion care in primary care, nor funding to support the work by general practice and midwives.

Women are having to travel, wait as their pregnancies develop, perhaps even being denied the use of the medical

technologies because the fetus is now too big.

Worse still is the shocking paucity of provider skill sets to fit long-acting contraception in primary care. The wait for an intrauterine device fitting is a month or two if you live in Auckland.

The default position for a failure to give women easy access to the means to manage their fertility is a mail order medical termination service, which women can use again and again instead.

Is this reproductive justice?

Chris Hannah

(Whatatutu, Gisborne)

CAUGHT IN THE NET

Ramping up payments to beneficiaries (*Letters*, July 2 & 23) is popular with correspondents, who describe it as “achievable”. One even proposed a universal basic income (UBI) equivalent to the “living wage” for every adult, although there are doubts about even being able to continue paying for national superannuation – a lesser amount – to just those over 65, which may not be possible or sustainable.

The Welfare Expert Advisory Group saw a benefits deficit of an “eye-watering” \$5.2 billion.

Benefit cuts from the 1991 “mother of all budgets” were restored in Labour budgets from 2020, but with other areas (think education, health and transport) also calling out for much more funding, all these demands could not be met at once.

John Wilson

(Johnsonville, Wellington)

ALL SHOOK UP

In reply to Janet Weir on the Elvis movie (*Letters*, July 16): the trouble is that if movies rewrite history, generations will grow up never knowing what really happened.

Very often, truth is stranger and more interesting than fiction.

Helen Carver

(Dannevirke)

Letter of the week prize



In *How to be a Bad Muslim*, award-winning NZ writer Mohamed Hassan blends storytelling, memoir and non-fiction to map the experience of being Muslim in the 21st century.

BEST NZ BOOKS FOR YOUNG READERS 2022

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NEW ZEALAND
BOOK AWARDS
FOR CHILDREN & YOUNG ADULTS



ANDREW ANTHONY

Summer of our discontent

The English summer is by tradition a gentle kind of season: mild, green and full of soft, cooling breezes and refreshing showers. Not this year, and certainly not today as I write. The mercury has just gone north of 40°C for the first time in these islands' recorded history.

The climate activist group Extinction Rebellion has stormed the offices of News UK, publisher of the *Sun*, in protest at its upbeat coverage of the heatwave. The grass in the parks is parched brown, like hay; Londoners have been advised to stay at home, and fires have broken out around the city's edges. The air is so hot it's sweat-inducing just to walk to the end of the street. Alas, there are very few places in which to find any respite.

I was lucky enough to book a slot at a pond where you can swim on Hampstead Heath, north London's biggest park. Scores of people were being turned away when I arrived, some having travelled across the city, dreaming of diving into the cooling, but rather muddy, waters. All they had to look forward to was a long trip home and a cold shower.

Just as this country all but collapses in the face of sub-zero temperatures – trains are cancelled, roads are closed, schools are shut down – so the same goes for 30°C+ temperatures. The whole of our infrastructure seems to depend on meteorological moderation.

Anything outside the norm and we experience a collective nervous breakdown.

And that's the last thing we need at the moment, as we are about to get our fourth prime minister in six years.

Not only is our weather becoming Italian, but also our

and evasions, not to mention parties, have proven truly corrosive. And now, the upshot is yet another Conservative Party leadership contest. Of course, as the winner will become prime minister, it has played out as a national drama, with live debates on

members are some way to the right of the MPs, who themselves have shifted to the right in recent years. In a similar way that an increasingly dysfunctional Republican Party produced Donald Trump, an increasingly delusional Tory base, which seems committed to higher spending and lower taxes, will choose the successor to the egregious Johnson.

Meanwhile, a sunburnt nation has looked on with a mixture of bemusement and cynicism. The main contestants all remained loyal to Johnson, right up to the last moment when Rishi Sunak finally located his conscience and quit as Chancellor of the Exchequer. And the leading candidates have made noises about backing out of low-carbon commitments.

As inflation climbs and wages fall – with industrial action breaking out across the public sector – and the weather grows more extreme, we yearn for the soothing balm of a sensible leader with integrity. But it will come down to the preferences and prejudices of an ageing, suburban and rural-based sliver of the population, which scarcely represents the people as a whole.

If only figuratively, the national temperature is almost certain to keep climbing. ■

Andrew Anthony is an Observer writer and is married to a New Zealander.



Super hot in the city: the *Evening Standard* on sale at Victoria Station, London.

The contest to decide the UK's next prime minister will come down to the prejudices of an ageing, suburban and rural-based sliver of the population.

political system. The fracture that opened up with the Brexit referendum has not been mended. There seemed to be a brief moment of national unity when Covid hit, but now that has completely disappeared.

Boris Johnson's long and tawdry exit drained a good deal of the confidence that was briefly restored in the workings of the state. His lies

TV between the contestants.

What's bizarre about this spectacle is that, in the first instance, only 358 Tory MPs had a vote in deciding who was to go forward to the final round of two, even though it was presented as if the public at large had a say.

Then, 160,000 Tory party members get to choose the ultimate winner. As a rule, these



CHARLOTTE GRIMSHAW

The crumbling dump

Some years ago, I was in Toronto for the International Festival of Authors. Walking through the lobby of the Westin Hotel, I became aware of people glaring, scowling and head-shaking. There were jeers, a hiss. What had I done? Had I somehow caused terrible offence to all good Canadians?

I turned to flee, and almost crashed into Dick Cheney, the most powerful US vice president ever to have ruled. Chief instigator of the disastrous war in Iraq, he is a widely reviled figure, considered at best a sinister and craven opportunist, at worst a war criminal. Having walked into him, I was perhaps lucky not to have been mown down by his entourage. It was with exuberant relief that I joined in the glaring and scowling.

It's Cheney's record that makes the current actions of his daughter, Representative Liz Cheney, all the more remarkable and effective. Congresswoman Cheney, herself a politician of ultra-conservative Republican pedigree, is the vice chair of the January 6 committee set up to investigate the violent 2021 riot at the US Capitol.

As we all know, Trump supporters, who'd been convinced by him that the election had been stolen, sought to prevent the certification of the votes. They marched on the Capitol, armed with guns, knives, explosives, bear spray, body armour, clubs, spears and a noose

for Vice President Mike Pence, and tried to stop the peaceful transfer of power. It has been fascinating to watch the committee demonstrate how pre-planned and co-ordinated this attempted coup was, and how close it came to succeeding.

Trump laid the groundwork before the election, telling his followers that if he lost, the result would be fake. After the election, Trump-appointed judges, Attorney General William Barr, the Justice Department and government security agencies, all told the President there had been no widespread fraud, and he had lost in a fair contest.

Undeterred, Trump set to work spreading his "big lie", from which he was able to generate his "big grift". The lie was that the election was stolen. The grift, a hugely successful rip-off of his own

supporters, was to fundraise off the big lie, raising US\$250 million for a bogus "Official Election Defense Fund" that didn't exist. Among Trump's alleged crimes, which include seditious conspiracy and election fraud, this one may amount to wire fraud.

and the consensus is the hearings have shown he could be criminally indicted.

But Trump has turned the Republican Party into a cult of personality, and many in it are still pushing his big lie for their own ends. It is predicted Liz Cheney will

I turned to flee, and almost crashed into Dick Cheney, the most powerful US vice president ever to have ruled.

Republicans have tried to dismiss the January 6 committee as "partisan", but the inconvenient truth is that the most impressive and authoritative figure on it is their own Liz Cheney, and almost all the witnesses have been Trump-appointed Republicans.

Trump has been condemned by previously hardcore loyalists in his own administration,

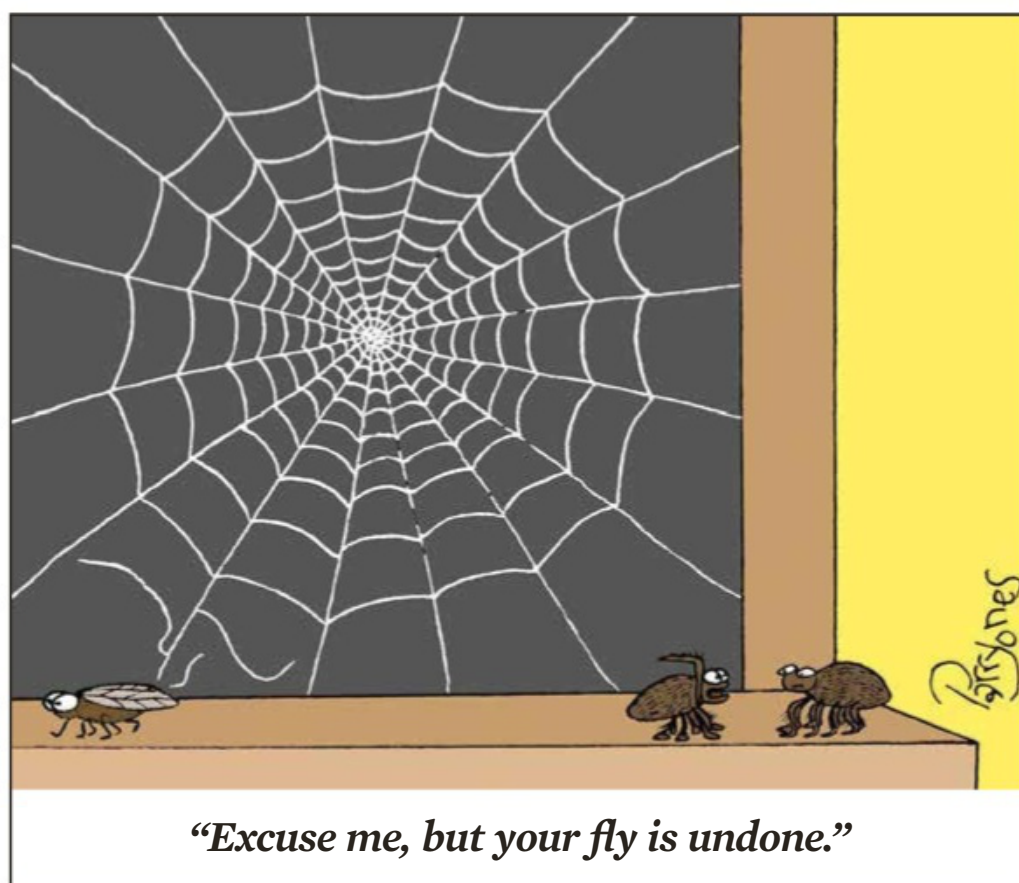
lose her seat to a Trump-endorsed candidate in the August Wyoming primary.

If Trump runs and loses in 2024, there could be a successful coup, because his authoritarian movement is working all over the US to erode non-partisan election safeguards. Trump supporters are hounding election officials

out of their jobs, and are running for positions that will enable them to influence outcomes. It is an extraordinarily reckless push towards autocracy, fuelled by the mesmeric lies of a conman.

In Trump's closed, self-referential world, his supporters are "courageous". In reality, Liz Cheney is the one with the courage. In all human systems, the dynamic is the same: one narcissist, if enabled by enough liars and cowards, can turn a shining city on a hill into a crumbling dump. ■

Charlotte Grimshaw is an Auckland author and critic.



"Excuse me, but your fly is undone."



STEPHEN
DAVIS

Familiarity breeds consent

What is it about the workings of our brain that make us likely to believe fake news?

Researchers all over the world are attempting to answer that question as alarm grows about the damage to society of misinformation and disinformation.

I have been looking at these studies for a University of Otago project. There is not yet a consensus, as in other areas of brain research, but it is fair to say some of the findings are depressing.

Meet X, an ordinary citizen. He's using Twitter and has just seen a link to a news article. He doesn't know it, but the article contains false information in the form of fake news.

What does X think of fake news? According to a survey by US think tank the Pew Research Centre, it is likely that X has multiple concerns about the impact of fake news on his life and has taken steps to reduce his exposure. He may have limited his total news intake or stopped using a particular outlet or source.

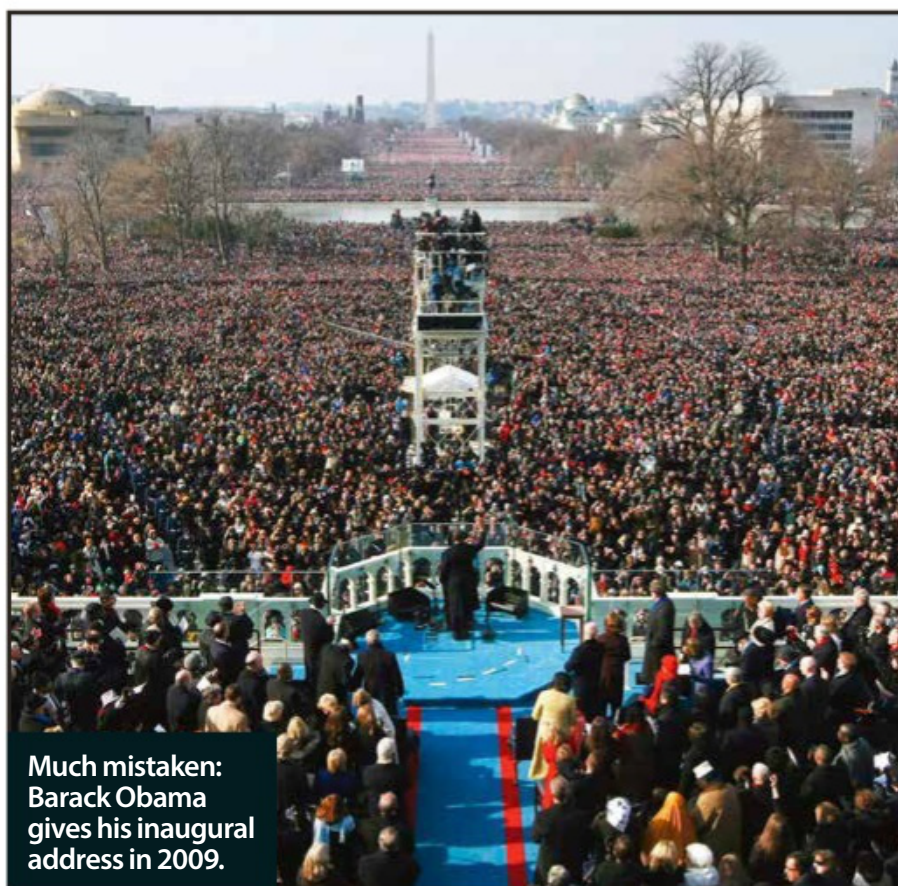
Although we might assume that his newfound awareness and the steps he has taken to reduce his exposure will form some sort of protective barrier between X and a belief in fake news, the Pew study suggests that this is not the case. There appears to be a significant overlap between those most concerned about fake news and those interacting with fake news the most.

So, despite any concerns he has, X may still mistake

that "news" article on Twitter for the truth and retweet it. Although stories are sometimes shared on social media as fake news to raise the alarm, the majority of shares appear to be by individuals who believe that the information

explanation is that X may believe the fake news simply because he has been exposed to it repeatedly – a cognitive trick described as the "illusory truth effect". A 2018 study published in the *Journal of Experimental Psychology* found

potentially false, participants were more likely to rate it as plausible if they were repeatedly exposed to it. This trick is well understood by the Putins and Trumps of this world – repeat a lie often enough and people will start to believe it.



Much mistaken: Barack Obama gives his inaugural address in 2009.

“A single prior exposure to fake news headlines was sufficient to measurably increase subsequent perceptions of their accuracy.”

is true when they share it.

What are the cognitive mechanisms that explain this belief in what are often highly implausible, partisan stories? Why would X struggle to differentiate between fact and fiction?

Research conducted by behavioural psychologists and cognitive scientists has suggested some answers. One

that “a single prior exposure to fake news headlines was sufficient to measurably increase subsequent perceptions of their accuracy”. Unless the story presented was extremely unlikely – the Earth being square – the effect was compounded with each additional exposure in news headlines. Even if the story was marked as

Does anything about X the individual – his personality, his politics, the way he thinks – make him more susceptible to the illusory truth effect?

Not according to the 2018 study, but other research suggests political bias does matter.

For example, a photo of Barack Obama's 2009 inauguration was more likely to be mistakenly identified as Donald Trump's much more poorly attended 2017 inauguration by a Trump supporter than an opponent of Trump.

A University of Chicago study found an individual's perception of a biracial politician's skin colour is strongly influenced by their political partisanship, with Republican supporters consistently perceiving candidates are darker than they actually are.

It would be interesting to see if the same perception differences across political lines existed here, but the major studies have been conducted overseas. We need more New Zealand-based research.

The government's words of concern on the issues of misinformation and disinformation are still not being matched by action. ■

Stephen Davis is a Dunedin-based investigative journalist, educator and author.



BILL RALSTON

My glass half-full

It is a bleak, cold winter of our discontent. The All Blacks have lost a home test series against Ireland for the first time. Inflation is running at a whopping 7.3%. The pandemic is still laying many of us low. Woe is us.

The secret to happiness is that it is all an attitude of mind. For example, National's Nicola Willis recently bemoaned the fact an MYOB Consumer Snapshot survey showed a million New Zealanders were considering moving overseas and 200,000 have already made plans to leave. She pointed to the cost-of-living crisis, a collapsing health system, a labour shortage and unaffordable home ownership as the causes of the impending exodus.

Yet I could argue that those factors are the cure for our problems. If a million of us kindly left the country, there would be a huge oversupply of housing and prices would drop dramatically, pressure on the health system would be immediately eased and surely a labour shortage means higher wages for those still here who want to work.

There is an ancient Monty Python song, *Always Look on the Bright Side of Life*, which advises, "When you're chewing on life's gristle, don't grumble, give a whistle and this'll help things turn out for the best." I appreciate that the

government cannot march into the debating chamber joyously singing that ditty, but more's the pity. It would make Parliament a lot more cheerful and stop us all getting too depressed by the litany of bad news that comes out during question time.

I should stop reading media releases from National and Act. Chris Bishop sent one pointing out that in the past four years, Kāinga Ora, the government's state housing arm, spent \$24 million renovating its offices and hired 1700 additional staff. "Despite this, Kāinga Ora has added just 21 net new state homes in the year from June 2021 to May 2022." Bishop helpfully added that there are 27,000 people on the state

house waiting list and "4500 families are living in motels at the cost of \$1 million per day".

Labour's media releases are much more upbeat, headed with statements such as "Govt provides more cost of living support" or "Empowering

the reductions in fuel excise duty and road-user charges by more than five months. What they are saying here is, to help you to fight the highest inflation since 1990, they won't take quite as much off you – for now.

Hiking the price of petrol in an election year is unlikely to encourage people to vote for you.

Pacific Aotearoa to achieve home ownership". That latter release was about teaching Pasifika peoples financial literacy, so they can eventually save up for a home; the former was about extending half-price public transport fares and

Because the 25-cents-a-litre cut lasts until January 31, it's hard to see how Labour will ever get rid of it. Hiking the price of petrol in an election year is unlikely to encourage people to vote for you, so I would expect the cut to last at least until the day after polling day.



"Me, me, me – can you see anything else on the chart?"

Halving the price of public transport was a good move by the government. Except, where I live, we don't have a bus service. Still, all those big city train and bus commuters should be happier now.

There is an argument that, in a city like Auckland, public transport should be free. It would drastically increase patronage and so eliminate the need for much of the massive investment in transport infrastructure that is looming for the city.

I would point out the bright idea of free public transport is unlikely to happen, but I don't want to be "chewing on life's gristle". ■

ANDY TRISTRAM



JANE
CLIFTON

Mutual exploitation

The government needs to make it easier for immigrant nurses to gain residency, so they can relieve the pressure on our understaffed hospitals.

The government's immigration reset increasingly better suits the name "beset". Especially since Immigration Minister Michael Wood declared the other day that the previous policies were "a bit of an exploitist charter".

To borrow a remark from former French president Nicolas Sarkozy, Wood unfortunately missed a very good opportunity to shut up.

The pickle he's now in over the critical shortage of nurses is that it's embarrassingly clear the government is insisting on exploiting immigrant nurses on its terms rather than theirs.

Every significant health lobby is pleading for incoming nurses to be given full "green-list" residency so they can, for instance, buy homes and avoid steep fees for their children's education, rather than having to wait two years before they can even apply to stay. In the currently feverish global market for health professionals, other countries offer this and more.

The instruction here from the Beehive remains that

Michael Wood

New Zealand will continue to be tough on nurses, and tough on the causes of nurses.

The government says too many incoming nurses can't be trusted to stay doing the jobs they're recruited to do. In its defence, the statistics appear to bear this out, but

of immigrant workers, he is guilty of remarkable naivety.

NUANCE NEEDED

With the exception of the refugee intake and special country-to-country relationships, immigration is and always has been bluntly

terrible strain from Covid variants and supercharged new versions of the flu. But with the workload ever more onerous, an immigrant nurse may find the grass in New Zealand rather less green than they were led to expect. It has been repeatedly officially acknowledged that nurses' workloads are at unfair and, at times, dangerous levels.

Where the government seems to have read the nurse-retention stats as evidence of flighty ingratitude, the health sector alleges more nuance. Some overseas-sourced nurses quit because the pandemic's near freeze on their relatives joining them simply exhausted their patience. Others are likely to have changed jobs or even professions because of the continuingly unreasonable workload, and who could blame them?

The quicker the nursing shortage is alleviated, the lower that dropout rate will be. The latter point is one the government seems determined to discount, even though its stance is becoming a political problem. The general public can get chippy about pilots, doctors and even teachers being demanding about pay and conditions. But nursing, being a physically demanding and emotionally taxing job

The government says too many incoming nurses can't be trusted to stay doing the jobs they're recruited to do.

at such a small margin as to be barely even annoying. There's a turnover of 6% of foreign nurses, versus 4% for domestically trained nurses – hardly a haemorrhage.

Even if it were true, as the Beehive's aggrieved tone suggests, the two-year-wait policy would still be questionable in the current climate. Given one hospital has resorted to accommodating waiting over-spill patients under canvas, more nurses are surely better than fewer, even if they make the revolving door spin a bit faster than we might like.

Although Wood's exploitation concerns are well founded, in the light of some sickening cases of enslavement

transactional. The founding question on both sides is, what's in it for me?

The country of destination generally only wants a person because they are either disgustingly rich or usefully accomplished. It doesn't particularly want their partners, children or parents, but will, to varying degrees, let them in as the price for getting the investment or the talent.

The immigrant wants a better set of conditions and opportunities for themselves and their families. Where that gets tricky is that conditions in the new country will not always be met, or stay met.

For nursing, this is now an entrenched catch-22. We need foreign nurses because hospitals are under





without the stratospheric salary, is a beloved exception, and not just in New Zealand. Everyone wanted to know about the plucky Kiwi nurse who helped see British Prime Minister Boris Johnson through his tussle with Covid. The many doctors who treated him might as well have been chopped liver. There is simply no upside in picking a fight with Florence Nightingale.

A BIT AWKWARD

In normal times, the two-year wait for residency eligibility would not be draconian. New Zealand needs not just to import nurses but to retain them, so bonding is fair. But this hospital staffing shortage is scarcely less of a life-threatening emergency than the coronavirus itself.

The government's mulishness seems to stem from

having its heart set on an immigration reset that drastically reduces New Zealand's dependence on foreign labour. However, thanks to Covid, the Ukraine invasion, inflation and other buffeting global inconveniences, it's a goal that simply can't be met anytime soon without awful "nose despite face" casualties.

A further awkward point is that the reasons for the government's drive to ration immigrant skills aren't all that well supported by the in-depth research that it actually commissioned. The Productivity Commission's immigration report has found that, contrary to long-held assumptions, immigrant labour doesn't depress wages or displace local staff. Nor is it the fount of our chronically lagging productivity.

There are obviously niches in which immigration

is not a net benefit, and it's beyond doubt that the country's infrastructure spending failed to keep pace with immigration-fuelled

the government is being consistent. National's Shane Reti recently drew an admission from it that the current Budget includes no

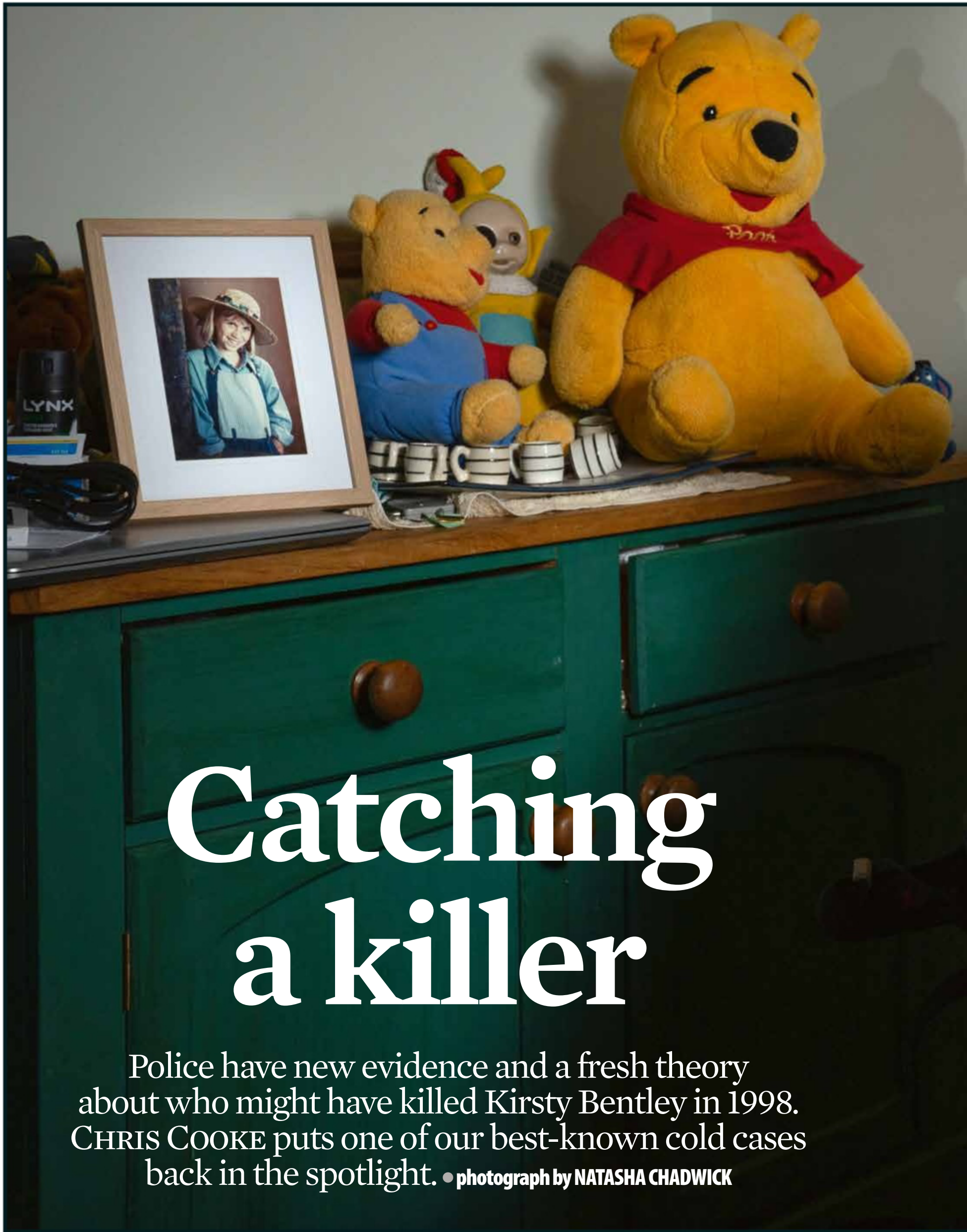
The Productivity Commission has found that, contrary to long-held assumptions, immigrant labour doesn't depress wages or displace local staff.

population growth. But those are separate issues. Overall, immigration appears to be confoundingly beneficial, despite the government's view that it is exploitative. Even if it were not beneficial, this country cannot, for the foreseeable future, get along particularly happily without it.

At least, in its admonishment that immigrant nurses need to show more commitment,

money for more medical school placements. So the government is being tough on the causes of doctors as well.

Help may be on its way. The government has funded 1000 business consultants to help restructure the health system. Hopefully, some of them will conclude that letting foreign workers in the health sector exploit us at the same time as we exploit them is mutually beneficial. ■



Catching a killer

Police have new evidence and a fresh theory about who might have killed Kirsty Bentley in 1998. CHRIS COOKE puts one of our best-known cold cases back in the spotlight. • photograph by NATASHA CHADWICK



Family under fire: Jill Peachey (formerly Bentley) says the trauma of her daughter's murder was made much worse by the police focusing their suspicions on her son and husband.

It remains one of this country's highest-profile unsolved crimes. On the afternoon of New Year's Eve in 1998, Ashburton schoolgirl Kirsty Bentley set off for one of her frequent walks with her pet Labrador. She never returned.

Now, more than two decades after her mysterious murder, police have a fresh view on what might have happened.

Detective Inspector Greg Murton took over the investigation in 2014 and since then he's been poring over every detail in the massive file, and pursuing his own inquiries. In a rare glimpse into how murder investigations are conducted, he has revealed the existence of evidence not previously made public, and a new profile of the likely killer.

To give new impetus to the case, police have posted a reward of up to \$100,000 for anyone who can help them close it.

Both the review and the reward have come too late for Kirsty's father, Sid, who died in 2015. But they offer both relief and hope to her brother, John, and mother, Jill, who have struggled to cope with the aftermath of what they claim was a flawed investigation from the beginning.

FAMILY UNDER SUSPICION

Kirsty was just 15 when she left the house on that sweltering afternoon. It was 34°C and she was looking forward to seeing in the New Year with her boyfriend by the family pool.

"She was in love – she was very, very happy. Kirsty had a life ahead of her," recalls Jill from her home in Invercargill, where she has lived for more than a decade.

Both the family and the police searched into the night after the teenager failed to return. But it wasn't until about 9.30am the next day that her dog, Abby, was found tied to a tree just off a wooded track that they often used on their daily walks. The track was next to the Ashburton River, just 500m from their home, and had been searched the night before.

Then came a chilling discovery – 30m from the dog, Kirsty's underwear and shorts were found on top of a bush. Her body was not discovered until 17 days later in the Rakaia Gorge at the bottom of a steep bank, covered in branches. She was wearing the cotton sarong and black top she was seen in before she left for her walk.

The Rakaia Gorge is a 32-minute drive from where her underwear and dog were found, and her body might have lain there forever had it not been for two men

\$100k REWARD

THE POLICE ARE OFFERING A REWARD OF UP TO \$100,000 for "material information or evidence" leading to the identity and conviction of any person or people responsible for Kirsty's death.

They will also consider immunity from prosecution for any accomplice who provides information or evidence, as long as they are not the main offender.

"Our ultimate goal is to provide answers and a sense of closure for Kirsty's family," says Detective Inspector Greg Murton.

The reward is available for six months. Anyone with information should call the police non-emergency hotline on 105 and use the reference "Operation Kirsty". Anonymous calls can also be made to Crime Stoppers on 0800 555 111.

searching for cannabis plants. Her body was too decomposed to determine whether there had been a sexual attack, but it was obvious she had been killed by a single blow to the back of her head with a blunt weapon. There was no evidence of a prolonged assault or struggle.

Hundreds of suspects were identified and interviewed. A Commer van seen in

"I wish Sid was alive to hear this. I knew what hell he went through. John has been through so much and he didn't deserve it."

the neighbourhood came under intense scrutiny, but was never positively identified, and there was also a focus on the owner of a Ford Falcon who changed its appearance soon after the murder. Links to cannabis growers were also investigated, but no arrests were made.

Almost three years later, it emerged publicly that police suspected Sid and John might be involved. But Murton says that suspicion had begun much sooner. "[Both Sid and John] have been in the category

of either not eliminated as suspects, or suspected of having been involved in the murder and disposal of her body," he says.

John was the last family member to see her alive. Sid told police he'd been in Christchurch and Lyttelton for the day, leaving just before 5pm to come home. But police had spoken to three people who claimed to have seen him at the Hotel Ashburton bottle store just after 4pm.

The reported sightings of Sid in the bottle store were significant, says Murton. "If true, then he has arrived back in Ashburton well before he originally said he did, and it gives him just enough time to have got home and the opportunity to have been involved in his daughter's death. It meant he had lied, so it assumed great importance in the inquiry for obvious reasons."

One of the scenarios the original police team considered was that Sid had arrived home to find John had murdered Kirsty. Sid could have taken her body in his ute to the Rakaia Gorge and returned just after 6pm, when Jill told him Kirsty was missing. Sid or John could then have staged the scene at the Ashburton River to make it appear that Kirsty had been attacked while out walking.

"The timeline and opportunity for Sid to have been involved was very tight," says Murton. There was also no forensic evidence to support the theory. According to the pathologist, the wound on Kirsty's head would have been bleeding, but no blood was found at the house or in Sid's ute. And there were sightings and other evidence to support many of Sid's claimed movements in Christchurch and Lyttelton.

In 2000, however, a strange incident strengthened the police's suspicions. Sid told Jill that after banging his head on a cupboard, he had a thought he might have returned from his trip to Christchurch earlier than he'd previously stated, stopping at a nearby beach.

Jill told him he needed to tell the police, which he did. He later retracted this and stuck to his original story.

"The question legitimately raised was, 'Why would he provide himself with a false alibi?'" says Murton. John and Sid were reinterviewed and police planted a listening device in the family home.

'RUINED LIVES'

Jill, who these days endures many health issues, has since remarried. Her husband, Noel Peachey, is her full-time caregiver. She says the trauma of her daughter's murder has been unbearable, but was made much



1



3



2



4



5 6



1. The CCTV image that is the last photo of Kirsty Bentley alive. 2. The walking track down to the Ashburton River. 3. Abby the dog was found tied to a tree. 4. The place where Abby was found. 5 and 6. The location in the Rakaia Gorge where Kirsty's body was found.



worse because the police convinced her that her son was the killer and her husband tried to cover it up.

She recalls being summoned to the police station, and over the best part of a day heard from the then head of the inquiry, Detective Inspector Greg Williams, that he believed John had killed Kirsty at home, because he was jealous over her boyfriend coming to stay. "He briefly had me on the hook. It is very painful to look back on," she says.

Both Sid and John protested their innocence loudly and persistently over the years. John, who left New Zealand in 2007, says he had nothing to hide. "I was talking to them and telling them the truth. I am innocent. I've had nothing to do with this.

But they would not let up. I just don't understand why he was so dogged on his view. I felt helpless. I said: 'Shouldn't the evidence point to what they were accusing me of?'"

John now lives in the UK and has no plans to return to New Zealand. There is a sense that he's living a life in exile. "This has influenced my mental health. I have had to talk to people to try and get back some semblance of normality to live the rest of my life like a normal person."

Sid was a chronic alcoholic and died after a battle with cancer. Both men had their lives ruined, says Jill. And she believes the suspicion over their involvement has prevented Kirsty's real killer being found. "There may be someone who does have information

that proves who the killer is, but because the police believed it was Sid and John, they haven't come forward."

When Murton took over the case, he faced the considerable job of unpicking it all. "An extensive amount of work has been completed into establishing the movements of Sid Bentley," he says.

Despite every available investigative technique being used, the police have been unable to find any evidence that John and Sid colluded in murdering Kirsty or disposing of her body, he says. "Nor evidence pointing to any other specific person." However, now he has a fresh view about what probably happened, and a new suspect profile.

For Jill, this twist in the saga comes as a



huge relief, but it is also devastating. “I sigh. I shake my head. What we had to go through for all those years. I wish Sid was alive to hear this. I knew what hell he went through. John has been through so much and he didn’t deserve it.”

THE TIMELINE

Murton’s new profile of the murderer is based on an extensive re-examination of the known facts, and new evidence.

John was by himself when Kirsty arrived home at 2.30pm. Aged 19 at the time, he had returned for the summer break from university in Christchurch. He told police he was in his room occupied with his computer and TV.

John told his sister her boyfriend had phoned. Records show Kirsty called her boyfriend at 2.38pm. She was told he would be back in an hour. She was seen walking the dog towards the river around 3pm. Meanwhile, Jill was at her job as a caregiver, and Sid was on a day off from the local irrigation company, so he went to Christchurch on some errands. He also dropped into Lyttelton, as he had served in the merchant navy and enjoyed looking at the ships.

Kirsty’s boyfriend phoned back at 4.31pm. John couldn’t find her and said he’d get her to call when she returned. But she never did. According to the pathologist, the undigested remains of French fries in her stomach, from McDonald’s purchased at 11.30am that day, indicate that she was killed that afternoon or early evening.

When Jill arrived home at 5.15pm, John met her on the drive and said: “Where the f—’s Kirsty?” They searched along the walking tracks by the Ashburton River, then returned to the house.

Sid arrived home at 6.07pm, just after the TV news had started. When Jill told him Kirsty was missing, his immediate reaction was to call the police.

There were many claimed sightings of Kirsty walking the dog, but most could not pinpoint exactly when. Kirsty walked Abby up to four times a day, and most witnesses were interviewed days or even weeks later. But Murton feels confident in the sightings of her around 3pm heading to the river.

He also says that Sid’s recollection to police of his movements add up to him arriving home at about 6pm. “In his initial interviews, he was very consistent about his actions and movements that afternoon in Christchurch and provided considerable detail,” he says.

If Sid had been involved in Kirsty’s murder, however, the latest he could have arrived home was around 4.28pm.

Murton believes Sid would have needed around 20 minutes to discover that John had killed Kirsty (or for Sid to kill her himself), plan a fake abduction site, figure out what to do with the dog, collude with John, plan a response to police, then clean up and carry Kirsty out to his ute. Getting to the gorge, unloading the body, and then getting back home would take about one hour and 19 minutes.

Given that Sid was seen by Jill at 6.07pm, he couldn’t have committed the crime if he’d arrived home later than 4.28pm. And if he wasn’t involved, then neither could John be, as he couldn’t drive and had no access to a car.

NEW WITNESS INFORMATION

Murton reveals that Sid was seen by three people in Lyttelton that day – a waitress, a customer at the Royal Hotel, and a worker at a nearby takeaways. This information has never been revealed before by the police and is consistent with Sid’s initial account. If he was in Lyttelton, he could not have arrived home in time to be involved.

“This is a very elaborate alibi if it is a false one. But it is supported and corroborated in many aspects,” says Murton.

There is also evidence, including till receipts, to support Sid’s claims of being in

“Sid Bentley has maintained he was never there and there is no definitive evidence that he was.”

Christchurch earlier in the day. The earliest he could have left Christchurch to drive to Lyttelton was 2.30pm, and the latest he could have left there, to be involved, was 3.06pm.

“That leaves him just 20 minutes to order and buy takeaways, eat them and then walk to the pub and order a drink and then drink it and then get back to his car – a small time window even for one of those events. And this doesn’t include the time he says he spent walking at the wharves.”

Sid told police he also stopped for a drink at a pub in the CBD. This, and the amount he said he paid for parking, if true, meant an even later departure to Lyttelton. “If Sid went to Lyttelton and did what he said he did, he could not have returned in time to have been involved in disposing of Kirsty’s body. To accept that scenario you’d have to reject his account that he went to Lyttelton and reject the sightings there by three people.”

Murton says he kept an open mind about Sid’s movements. He also looked at Sid’s changed story about stopping at the beach. The change came after he faced extensive questioning by police about the three sightings of him at the Hotel Ashburton. It was put to Sid that he lied about being in Lyttelton.

Sid blamed his changed story on his poor memory and alcoholism. “He reverted to his original recall of events,” says Murton.

So what about the sightings of Sid at the Hotel Ashburton, supposedly at the same time he was in Lyttelton? Murton believes the

sightings cannot be completely relied upon.

A till operator at the hotel's bottle store was interviewed three weeks after Kirsty went missing. She stated that she served a person who looked like Sid, but with a lighter beard, and could not be sure it was him.

Two months after Kirsty's murder, a customer in the same bottle store came forward. He'd met Sid previously, although he had not seen him for five years. Although he didn't greet him, he says he was sure he saw Sid, and saw his vehicle in the carpark. However, he was unsure of the time and the date, and what he says he purchased did not match the till tape for that day.

The third person was a porter at the hotel. He'd seen Sid's photo in the paper after Kirsty went missing and thought he had seen him somewhere, but he wasn't sure where. "It was only later in January, when police asked for anyone working at the bottle store that afternoon to come forward, that he 'clicked' that this was when he saw Sid."

Murton reveals there was another local man in the bottle store that afternoon who looked like Sid, but with a lighter beard. He was there at the exact time all three witnesses claimed to have seen Sid.

"I believe these witnesses are honestly mistaken," Murton says. "While police are grateful for people coming forward, when there's conflicting evidence it's my job to evaluate the accuracy and reliability of witness statements. 'Sid Bentley has maintained he was never there and there is no definitive evidence that he was.'"

Murton favours the sightings of Sid at Lyttelton, which are consistent with what he said he did.

The other factor that stood out for Murton is Kirsty's boyfriend's account of his second phone call to the Bentley home. "According to him, John was completely normal, put the phone down and went looking for Kirsty, but came back and said she still wasn't back."

The timing of the call, at 4.31pm, is also significant, he believes. If John and Sid were involved in Kirsty's murder, the call had to have been within minutes of Sid arriving home and either discovering Kirsty dead or murdering her. But her boyfriend said John was calm and it was like any other call.

"All Sid's interactions with police afterwards were consistent with a confused, grieving father – a father who genuinely loved Kirsty. For Sid to react to John killing his sister by seeking to cover it up, and move very quickly to do it, would be out of character, according to Jill."

'FIND ME THE PROOF'

Jill Bentley is now Jill Peachey. She separated from Sid soon after he changed his story, but says it was not related. Their marriage had been in trouble before Kirsty was murdered, she says, and a separation was inevitable.

However, she still recalls with a shudder her reaction to being told her husband and son had done unspeakable things to her daughter. "I recall that day very clearly. It was all laid out in such a convincing way that I had myself believing it. I came home and took photos of John down."

"They hatch a plot and Sid wraps her up and he is away to dispose of her? John and Sid couldn't make a cup of tea together!"

She heard that after the police spoke to John's friends and teachers, they decided he was a loner who had been bullied at school and developed non-mainstream interests.

They also considered the urgency in how John spoke to Jill when she returned home as suspicious. It was put to her that John's motive for killing Kirsty was jealousy over her boyfriend, who was due to stay the night.

The hours-long session left Jill trying to make sense of the bombshell that Greg Williams had just dropped on her.

"The next day, I decided to go through it constructively and look at the timings and what he had. I said, 'This is not possible. How does a father who adored his daughter come home and sort out the fact his son has murdered her?' She is dead and they hatch a plot and Sid wraps her up and he is away to dispose of her?"

"John and Sid couldn't make a cup of tea together. I know that if Sid had come home and John had done it, he would have taken John to the police after he had dealt with his grief over Kirsty."

Jill told the inquiry head she could not accept his explanation. "[John] wouldn't hurt a butterfly. I said we would agree to disagree. I said: 'You find me the proof, then I'll believe it.'"

As for John's "Where the f---'s Kirsty?" remark, Jill says it's easily explained: "The dog and lead were gone. It was clear Kirsty was not back, so it was not an unusual concern."

Pressure continued to mount on the family as the original investigation team tried to find evidence to support their theory. In December 2001, police got a search warrant for the Bentleys' house and took away tarpaulins and a tent for testing. No trace of Kirsty's blood was found.

"It wasn't until I got out of Ashburton that I could do any kind of grieving," says Jill. "It hit me bad. I began drinking very heavily then. I don't now. The police never came back with any evidence."

There were phone calls from the police, but she believed there was an ulterior motive. "I felt they were attempts to keep tabs on John rather than concern for my welfare."

Williams also played her a covert recording of Sid. Police had bugged the house while she was still living there. "Nothing surprised me by that point. The recording was Sid on his own murmuring to himself." The only phrase she could make out was, "I've blown it now", but only after she had read a transcript.

Jill failed to see the remark as any kind of compelling evidence and says it could have related to anything. "It could have been because he couldn't get his leg over because he said the wrong thing to me," she says.

Other covert recordings of Sid and John did not reveal any hint of them colluding. Says John: "They got nothing because there was nothing to get."

In 2010, Williams told media that John had been inconsistent in his account of Kirsty leaving the house. He said John had initially told police he didn't hear Kirsty leave, but two years later said he did.

"I said to Williams that I would trust what I said first, as that is when my memory was the freshest," John says now. "Kirsty walked the dog a lot. I didn't really pay much attention to her coming and going. He has tried to make something out of nothing."

The same year, police revealed they believed the scene at the Ashburton River where Kirsty's dog and underwear were found was most likely staged to look like a sexual attack.

The way the dog lead was tied meant it had been removed from the dog first, so the killer was confident in controlling dogs. None of Kirsty's blood was found there.

The specific pollen by the river was not on the underwear, and there were no tears to the cotton sarong she was wearing, despite the area being thick with thorned blackberry.

There was thorned blackberry at the gorge as well, and given that no fibres from



Left, a family portrait of the Bentleys taken in 1992. Right, Jill and Noel Peachey.



her clothing were found at either location, the police believed Kirsty's body may have been wrapped in something when she was transported there.

She was found curled up in a fetal position with her clothing discreetly positioned to cover her body. The state of her clothing and her shoes still being on was not typical with what is most often seen in sexual attacks.

Police consulted retired British detective Chuck Burton, who had analysed all child murders in the UK from 1960 to 2002 and compiled the information into a database. Burton said the careful placement of Kirsty's body showed some sort of emotional connection between the offender and the victim.

Murton disagrees: "The fact she was laid out carefully does not necessarily point to someone who knew her or cared for her. There have been many murders where killers [who are strangers] have displayed such care."

Burton's database has, however, helped Murton assess the likelihood of Sid and John's involvement, and to build a profile of the killer. Out of 3668 cases in the database, 187 were female victims aged 12 to 17. In every case where the victim was transported, the offender was a stranger or acquaintance. None of the cases where underwear had been removed involved a parent.

In almost all cases (98.3%), the killers were strangers or acquaintances, and most were

familiar with the crime location. About three-quarters had prior convictions. "It is extremely rare for a father and son together to kill a teenage daughter/sister and dispose of her body," says Murton. "In fact, there are no known records of this that I am aware of in the UK or New Zealand."

Neither Sid nor John had any convictions. Nor could Murton find any connection

"Evidence held by police indicates that a cannabis user or grower was the likely offender – a regular to heavy user."

between them and the Rakaia Gorge, especially the obscure site where Kirsty was found.

In summary, he notes: "No obvious motive has ever been uncovered and no evidence of collusion. Alleged sightings at the Hotel Ashburton cannot be relied on, and there are witnesses and timings showing Sid was in Christchurch and Lyttelton. There was no evidence of an assault at the house; no forensics. No blood was found in Sid's ute. Kirsty's DNA was found on the dog lead, but John and Sid's DNA was not."

Another crucial fact, he believes, is that the area where Kirsty's body was dumped

is a known cannabis-growing area. He then delivers the most startling revelation of his entire review: that police have additional "strong evidence" they have not made public. "Evidence held by police indicates that a cannabis user or grower was the likely offender – a regular to heavy user," he says.

He declines to explain how or when the police discovered the new evidence. "It is critical evidence in an active inquiry, so I won't be commenting on it." He notes, however, there is no known link between Sid and John to cannabis growing or consumption.

John confirms to the *Listener* he was not using cannabis at the time of his sister's murder. "I have never used cannabis. I was known as having a very low opinion of drugs," he says.

ABDUCTION SCENARIO

So who did kill Kirsty Bentley? Murton agrees the scene at the Ashburton River was probably staged, and the killer was familiar with the area. Given that the nearest location to park a car was 100m away, it doesn't seem likely that the attack would have taken place there.

"It is unlikely but cannot be ruled out. This was a highly risky location to do that. There were lots of people around that afternoon. He would have had to carry her body or force her to walk to his car. More likely he would have left her there."



If the attack had happened on the track, it's also more likely the killer would have thrown her underwear on the ground, rather than on top of nearby bushes. "If Kirsty was abducted from the riverside, an offender would be more likely to grab her and take her away, underwear and shorts on, and simply leave the dog behind," Murton says.

There is another clue, he believes, that the dog was not left at the riverside when Kirsty went missing in the afternoon. "Abby didn't want a drink when she got home but ate some dog roll. This seems strange if she had been tied up all night without water, and even more so if she had been tied there since mid-afternoon."

The pertinent question is why would the killer stage such a scene? And why dump her body somewhere else? The only logical reason, he believes, is to hide forensic evidence such as semen and/or DNA.

It all leads to the scenario he favours the most, based on the evidence: "Kirsty could have been abducted or held at a neighbouring address while on her walk. A neighbour would have the opportunity and motive to stage the scene and tie up the dog."

If they had let the dog go, it's likely she would have hung around the house where Kirsty was. "They had to get rid of [the dog] and there was no other way to do so," he says. "It's possible the dog had been placed

there recently, in the early hours of the morning, by someone living nearby. This would account for her not barking for 18 hours and not being thirsty when found."

Tragically, this scenario is not unique in New Zealand. In 1989, a 13-year-old girl, Karla Cardno, was abducted from a street near her home in Lower Hutt, held in a nearby house, raped, beaten and buried.

Murton says all Kirsty's neighbours have been spoken to, but no individual has been identified as a particularly strong suspect.

"This offence could have been committed by a stranger, possibly a neighbour, or someone living on her walking route. [It was] almost certainly someone with a local connection to the neighbourhood where



In exile: John Bentley in the UK, where he has been trying to gain back some semblance of a normal life.

Kirsty lived, and the riverbank where Abby was found tied up.”

It was, he believes, “an abduction for sex and murder – an opportunist offence. [It’s] a plausible scenario, in my view.”

He says the killer was alone at the relevant times, and had access to a vehicle. “There was possibly a catalyst, a recent change or stress in their life, such as a recent relationship break-up, or relationship issues, or losing their job – a homicidal build-up. Someone with criminal – likely sexual – convictions, or a propensity towards sexual offending [and] forensically aware, so possibly caught by forensics previously.”

It’s also likely they were a cannabis

user or grower, and may have been a farm worker, and were familiar with the Ashburton River and the Rakaia Gorge.

PLEA FOR CLOSURE

John completed his PhD in astronomy last year, so is now Dr Bentley. He is pleased about the Murton review and the new evidence, but wishes it had happened sooner. “Considering the strength of the information, I just don’t understand,” he says.

He is also upset that the previous head of the inquiry, Greg Williams, is continuing to defend his investigation (see sidebar). “I

“If there is something you have seen or heard, if it might be useful, please tell the police.”

had nothing to do with my sister’s murder. If he is going to make accusations about inconsistencies and behaviours without giving details, what use is that other than to protect himself? It is an exercise in PR rather than police work.

“Now I know there was a weight of evidence showing Dad and I had nothing to do with it, for him to keep saying that makes me angry. It has damaged me. It has damaged my mum. My dad died knowing that people thought he was involved; that people thought he was a liar.”

The most important thing, he says, is to find Kirsty’s killer, and he hopes the reward helps. He urges the public: “If there is something you have seen or heard, if it might be useful, please tell the police.”

Jill makes her own plea to the person responsible: “Please let us wrap this up and put yourself out of your misery.”

She has great faith in Murton, and is aware of his track record resolving the Helen Milner “Black Widow” murder case in Christchurch. “It was a relief to meet him and find somebody with an open mind,” she says.

She is still surrounded by mementos of Kirsty, and hopes that John will one day feel more comfortable about returning home.

“I am so proud of him. I love him to bits, as I did with both children. Now with what has been announced, I want everyone to listen and for people to give my son a break and hopefully see justice for Kirsty.” ■

‘All leads explored’

The previous head of the Kirsty Bentley inquiry, Greg Williams, is now a detective superintendent. He declined to be interviewed by the *Listener*, but in a statement he stressed that a dedicated team of investigators had “worked tirelessly exploring all possible leads” as part of the inquiry.

He maintained the focus on the Bentleys was “appropriate and relevant”. “Up until his death, Sid failed to account for his whereabouts during the period when Kirsty is most likely to have been killed. Both Sid and John Bentley made a number of inconsistent statements and their behaviour called into question their involvement.”

It was important to gather evidence and information from a broad range of sources in such cases, he said. “In this case, the Bentley family were obviously key and would need to be eliminated if we were to identify circumstantially another person or persons that might have been involved. This included extensive interviews with Kirsty’s mother, Jill.”

Police continued to support Jill throughout the investigation, he said. “While in the later years the investigation focused on John and Sid Bentley, the team under my command remained open to other scenarios and suspects and continued to investigate those people.”

The police assistant commissioner for investigations, Sue Schwalger, also provided a statement to the *Listener*. “Police understand how much this investigation means to Kirsty’s family,” she said. “After more than 20 years, police continue to consider all possible avenues of inquiry.”

The original investigation was “extremely thorough” and had been through “a number of review processes”, she said. “The differing of opinions is healthy for such a complex case and, more generally, is an important part of any robust investigation and review process. It ensures we are open to all possibilities and will objectively consider any new information that comes to light.”

Although Kirsty’s murder remained unsolved, “I can confidently say that police, at every stage of this process, have been committed to holding the offender or offenders to account”.



Blue blood-1e

A new book on the National Party's post-Key era lays bare its inner turmoil of the past six years.

by **DANYL McLAUCHLAN**

It was like a form of therapy for them,” Andrea Vance explains when asked why so many current and former members of the National Party spoke to her, both on and off the record, for her new book, *Blue Blood*. In it,

she documents the bizarre, gothic psycho-drama of National's recent political history – a horrible torrent of coups, leaks, betrayals, vendettas, tantrums, blunders, resignations and breakdowns.

Vance is an award-winning journalist known for high-profile political scoops and scandals, and is probably the last person in the world that people in National should talk to. Now the party is clawing its way out of the deep and bloody hole it had dug itself into by the end of Judith Collins' leadership, the timing is particularly unfortunate.

Why were they so willing to pore over the past, when the past is so awful? “We’d have these long conversations,” she says, “and we’d go through things in quite a lot of detail, and at

the end of it they’d put down their spoon or their coffee cup and they’d...” [she sighs and sags with relief]. “And this happened many times. No one had sat down with these people and said, ‘Hey, what happened to you? What was the real story behind that?’ And it was a cathartic process, I think.”

But wasn't there also an ulterior motive? Many of Vance's interviews are anonymous, because “if you talk to them on the record politicians are not very honest. They're very guarded. So, that offered people a shield.” And if you were a National MP during the party's civil war era and you knew that your political enemies might be talking to Vance confidentially, wouldn't you sit down with her and provide your own highly flattering version of events?

“Some people talked to me because they genuinely care about the National Party and were horrified and didn't want it to repeat the mistakes of the past,” she says. “But there will be others who just really wanted their side of the story put across.”



ttting

National struggled to find a successor to former prime minister John Key, far left. Simon Bridges, second from left, and Judith Collins were both deposed, but the party appears resurgent under Christopher Luxon, right.

INK IN HER VEINS

Vance was born in Northern Ireland, near Belfast, where her father was a newspaper editor. She worked as an investigative journalist at *News of the World*, then as night editor at the *Scotsman*. In Scotland, she met and fell in love with a New Zealander. And she wanted to travel. “I wanted to go to Australia because the newspaper culture there is on a par with the UK. But my husband put his foot down and said, ‘If we have to leave, we’re not going to Australia.’ So we came here, and it was only supposed to be for a couple of years. And then it stuck.”

Vance was a press gallery journalist for Fairfax (now Stuff). She moved to TVNZ, then back to Stuff again. She’s reported from South Sudan and Myanmar, and in 2014 won the prestigious Wolfson scholarship to study at Cambridge. After the 2020 election, she published a feature article dissecting National’s catastrophic year: the coup against Simon Bridges; the chaos

of Todd Muller’s brief leadership; Judith Collins.

Blue Blood represents a deeper dive into that subject matter. What went wrong with one of our nation’s most important political parties? National considers itself the “natu-

National considers itself the “natural party of government”. Why couldn’t it govern itself?

ral party of government” – why couldn’t it govern itself?

The book begins at the end of the Key years. Sir John Key announced his retirement at the end of 2016, burnt out: “nothing left in the tank”. He’d won three elections and led his party for a decade, eight of them as prime minister. He ran both National

and the government via a kitchen cabinet – an informal group of trusted ministers and advisers – whose membership stayed consistent through most of his term: Key, Bill English, Steven Joyce, Gerry Brownlee, Murray McCully and chief of staff Wayne Eagleson. They debated policy, formulated tactics and enforced discipline. And the unity and competence of this leadership team created the illusion of a unified and capable party. But each member of Key’s team functioned as a load-bearing wall, supporting an organisation that was rotting from within. As they departed, one by one, the structure of the National Party began to shift and creak.

Key endorsed English to take over as prime minister, which alienated Joyce. But most of Key’s team stayed in place. English was intellectually brilliant with decades of political experience and enormous energy – although Vance describes a period of him arriving for work on Monday mornings

GETTY IMAGES/LISTENER ILLUSTRATION

With colleagues like these, who needs enemies?

Some of the horrible things National MPs and insiders say about one another in *Blue Blood*:

"Her constituency is playground losers. There's always a kid like Collins in every school who was king of the outcasts. The Maureen Pughs. The Cameron Slaters."

– A former National staffer on Judith Collins

"He was a classic case of the John Major-type person; he rose without a trace."

– Former National MP and attorney-general Chris Finlayson on Simon Bridges

"Whiteboard Amy"

– Former Finance Minister Ruth Richardson's nickname for Amy Adams, adopted by National staff mocking her lack of direction on policy, persistent indecisiveness and endless, circuitous meetings

"The Devil Wears ASOS"

– a (carefully whispered) nickname for Nicola Willis, National's sharply dressed deputy leader

"I think he had a Walter Mitty view of himself as Darth Vader. Sometimes his voice would get very low and he'd say, 'You can't cross me and get away with it.' He was basically in a dream world."

– Finlayson on Jami-Lee Ross

"In modern politics, you have to say stuff about the environment. Judith didn't like that green stuff. She's quite funny about climate change. She's got a real hard-on for farmers."

– A National staffer on Collins' "Monday Night Massacre", when she seized personal control of the 2020 election campaign

"The moment you have to resort to kneeling down and praying in a church in the middle of an election campaign: oh f---."

– Former Cabinet minister Maurice Williamson on Collins praying in front of media

"They knew their portfolios really well, but they also acted like they were still ministers. They just didn't have 20 staff wandering around helping them."

– A National MP describing former Education Minister Nikki Kaye's IT problems and former Trade Minister Todd McClay attacking a photocopier



Andrea Vance: "If you talk to them on the record, politicians are not very honest." She says MPs who talked found it cathartic.

overtired. Her sources believe that was because he was helping his wife, a Wellington GP, scrub her surgery clean on Sundays, before cooking the family roast.

English was less charismatic than Key, but still more popular with the public than the seemingly dour leader of the opposition, Andrew Little. So that was all right.

Vance regards Jami-Lee Ross as a symptom of what went wrong inside National, because he wasn't the party's only dubious character.

And then Little stood down and Jacindamanía set in. Labour surged in the polls. National won more seats in the 2017 election but Winston Peters chose to form a government with Labour, backed by a confidence and supply agreement with the Greens. That was partly, some in National suggest, because National's negotiating team was stacked with senior MPs that Peters openly loathed, suspecting them of leaking details about his superannuation overpayments during the election campaign.

BURNING BRIDGES

Eagleson stepped down after the election and English retired from politics in 2018. Joyce contested the leadership and retired after losing to Bridges. Paula Bennett remained as deputy leader. Amy Adams and Nikki Kaye, both also regarded as potential leaders, were promoted. This was National's next generation, handpicked by Key and his team for the fast-track to success.

All of them were driven and accomplished politicians, hard-working and whip smart. Which was part of the problem. The new team wasn't a team so much as a group of ruthless and ambitious rivals. But the greater risk to the party was the new cohort of politicians coming up behind them. Something had gone horribly wrong with



Simon Bridges speaking to the media in October 2018, flanked by, from left, Amy Adams, Judith Collins and Paula Bennett.

National's candidate selection process.

Jami-Lee Ross was elected to Parliament in 2011 and appointed by Bridges to National's front bench. For reasons that still remain unclear, Ross then turned on his leader. First, he leaked Bridges' travel details to the media. He secretly taped their conversations discussing electoral donations, then made the recordings public before presenting them to the police, alleging that Bridges was corrupt. But Bridges was a former Crown prosecutor with a graduate law degree from Oxford. Unsurprisingly, when the Serious Fraud Office charged four people with fraud, Bridges was not one of them – but Ross was. The case is still ongoing. And all of this played out against a nauseous churn of personal attacks, allegations and counter-allegations of bullying, sexual harassment and extramarital affairs.

SCANDAL UPON SCANDAL

Vance didn't interview Ross. "He would only speak to me in person and we just couldn't make that work," she explained. "But I hope he talks to someone, eventually, to tell his side of the story." After his break-up with National, he contested the 2020 election for Advance New Zealand, an amalgam with Billy Te Kahika's Covid conspiracy party. Advance campaigned against vaccination, cell phone technology, 1080, fluoridation and electromagnetism but failed to win a seat in Parliament. Ross now sells anti-5G supplements via an online website.

Most political parties experience leadership turmoil in opposition. But it's rare to see a figure like Ross rise to such heights.

Vance regards him as a symptom of what went wrong inside National – because he wasn't the party's only controversial character. In 2017, Todd Barclay, the 27-year-old National MP for Southland, resigned after it emerged he'd been clandestinely recording conversations between his electorate staff.

Every MP Key's team groomed for power has now left Parliament. "And all of them absolutely blew it."

In 2020, his replacement, Hamish Walker, admitted leaking confidential patient information to the media and announced he wouldn't run for re-election. Almost immediately afterwards, another young National MP, Andrew Falloon, resigned after media reports that he'd sent "inappropriate images" to various women. In 2021, National's candidate for Upper Harbour, Jake Bezzant, resigned from the party after his ex-girlfriend launched a podcast called *Whips, Chains and Brains*, in which she accused him of using intimate photos of her to impersonate her on the internet, so he could have online sex with other men.

The way Vance sees it, these toxic traits – a poisonous culture, dysfunctional candidates and intense leadership rivalry – amplify one another. The scandals

destabilise the leader, who is then brought down by their rivals, who are then undermined in turn. And with each iteration the mood in the caucus becomes more chaotic and savage. Bridges is overthrown by Todd Muller, who finds his own party impossible to lead and quickly resigns after a nervous breakdown. He's replaced by Judith Collins, who drags the party through an election campaign where it suffers a catastrophic defeat. She then turns on her own caucus, waging war against her many internal enemies until a failed attack on Bridges sees her dumped, too. Perhaps sooner than he expected, former Air New Zealand CEO Chris Luxon takes over the leadership in November 2021.

"This was a difficult book to finish because things just kept happening," says Vance. She thought she was done in late May, but then Bridges resigned from Parliament. An unnamed senior minister notes in the book that every MP Key and his team groomed for power – Bridges, Bennett, Kaye, and Adams – has now left Parliament. "And all of them absolutely blew it."

But Luxon is also a Key protégé. He's being advised by Key, and by Key's former chief of staff. His own chief of staff, Cameron Burrows, is a former Key adviser. The highest-ranked MPs after Luxon are Nicola Willis and Chris Bishop, widely regarded as National's most formidable talents. Both are former staffers in the Key government. "Our politics has become very dynastic," Vance observes, noting that the leaders of the current government – Jacinda Ardern, Grant Robertson and Chris Hipkins – were senior advisers in Helen Clark's Beehive.

Of the current iteration of National, Vance concludes: "A change in leadership has wiped the blood clean from the floor." And given the current mood, it certainly seems possible that Luxon will become prime minister next year. But the deep-seated issues that have confronted his party over the past few years remain. And not everyone has left. Collins remains a member of Luxon's caucus. Weeks before Vance's book was published, Peter Goodfellow – scion of one of New Zealand's wealthiest families, president of National for 12 years, and widely blamed within the party for its many disastrous candidate selections – announced he was stepping down from his office. He intends to remain on the board. ■

This is your captain speaking

In this extract from *Blue Blood*, political reporter ANDREA VANCE charts the rise of Christopher Luxon to National's top job.

In the six tumultuous days after Judith Collins' leadership imploded in November 2021, Simon Bridges wrestled with a dilemma. The National leadership contest came down to a choice between himself and ambitious former airline chief Christopher Luxon. A poll just before Collins was jettisoned had registered both men in the preferred PM rankings, neck-and-neck on 2.5%.

Bridges had worked hard to restore his public image in the months since he'd been rolled as leader. He was wiser and more resilient. Writing his memoirs was a form of political rehab, but it had also allowed him to reflect on solutions for the widening wealth gap and inequity in the education system. It was his personal manifesto. He would also be taking back the reins in an entirely different climate. The country's mood had shifted, more fractious after nearly two years of the pandemic and less enamoured with Jacinda Ardern's leadership.

As Key had, Bridges drew inspiration from former Australian prime minister John Howard, who led his Liberal Party to defeat in 1987 before being ousted by his deputy Andrew Peacock. Howard rose to the top again, and went on to win four elections. In July 2018, Bridges and his wife, Natalie, had dined with Howard, who offered his advice and support. The Aussie political Lazarus had opened National's annual conference that year, urging MPs to get in behind Bridges, their new leader. "Proud as you may be of your former leaders, every new leader is entitled to make his own impression," Howard said. In 2021, Bridges was ready for another crack.

He had support but fell short of the 16 votes needed to triumph. Collins and her

acolytes made it clear they would throw their lot in behind Luxon. The party's small band of liberals, led by Nicola Willis and Chris Bishop, also wanted a clean break. But there was still hesitancy. Luxon and Mark Mitchell had put their names forward during the marathon meeting that ended Collins' leadership. The caucus asked for more time to deliberate.

Luxon was untested: he had been an MP less than 400 days, much of which was spent in lockdown in Auckland. Bridges kept his powder dry, although he publicly hinted he was considering a tilt. Mitchell offered to withdraw if Bridges stood.

He had been an MP less than 400 days, much of which was spent in lockdown.

Over the weekend, there was a furious round of lobbying and organising. The party wanted to avoid a vote. Senior party figures, including John Key, implored Bridges and his supporters to strike a deal with Luxon to restore harmony to the fractured caucus. Bridges weighed up his options. In taking a deal similar to that offered to Bill English in 2006, he saw a chance to influence and shape policy in the same way Key's deputy had.

On the morning of November 30, Bridges contacted his rival. With mere hours to go until the caucus cast a vote, they agreed to meet in Wellington. Their advisers were oblivious, scrambling to book two venues for the post-decision media conference. Bridges wanted the grand Legislative Council Chamber, where he'd first addressed journalists as leader in 2018. Luxon wanted the curved

marble walls of the Beehive's Banquet Hall, usually reserved for government announcements. Bridges accepted Luxon's offer: he would take the shadow finance portfolio, ranked Luxon's number three. They would keep the news under wraps.

"We are the reset," Luxon told reporters on emerging from the caucus meeting. He noted his track record in reversing the fortunes of underperforming companies. Nicola Willis was chosen by the caucus to be his new deputy. The party's top three were all Key protégés. Willis owed her list MP place in Parliament to the departures of Bill English and Steven Joyce in April 2018.

But unlike Luxon, she was not new to politics; she had pedigree. Her great-great-grandfather, Archibald Willis, was a Liberal Party MP for Whanganui and voted "yes" to women getting the vote in 1893. Almost a century later, her mother, Shona, was a political journalist in the Press Gallery while pregnant with Willis.

Willis arrived at Parliament in 2003 as a researcher for English, going on to work for [former leader Don] Brash and then Key. Luxon had come to know Willis in the country's cliquish corporate scene.

She had worked in senior management roles for Fonterra. (Luxon was tipped to head the multinational dairy co-operative in 2018.) Willis' husband, Duncan Small, had worked for Luxon, as Air New Zealand's head of government affairs. The mother of four powered through the party rankings, from 45 to 13 under Collins. She made a name for herself grilling Housing Minister Megan Woods, with a particular emphasis on how a shortage of homes was affecting low-income families. Willis, aged 41, was appointed for her political nous and experience. But with a no-nonsense, head-girl manner, it was also anticipated she wouldn't



shy away from instilling discipline.

Her elevation to deputy leader was partly down to optics. The caucus liked the contrast of Willis's social liberalism, particularly on abortion rights, gay marriage and euthanasia, with Luxon's social conservatism. His worship at the Upper Room, a Christian fundamentalist church, made waves ever since his entry into politics. The church's American-born pastor had expressed alt-right views on social media, which Luxon later decried. Shortly after Luxon's selection as the party's candidate for Botany, the Newmarket church stripped its website of some of the more controversial sermons. Once chosen, Luxon laid out his views, saying he was personally against decriminalising abortion or euthanasia. At the time, the country was a year out from twin referendums on the issues. "My faith is a very personal thing ... it gives me mission and purpose," he said. Luxon wore his social conservatism on his sleeve. On his first day as a candidate, he went further than National Party policy in supporting the withdrawal of single-parent support benefits from parents who don't vaccinate their children. Luxon later revealed he had recently turned down a job running a California-based cannabis company. He believed the risk to the mental health of young users was too great.

Luxon's faith continued to be a curiosity. New Zealand is a largely secular society, and both prime ministers Helen Clark and John Key were agnostic. Jacinda Ardern was

raised a Mormon but renounced her faith in her twenties to support gay rights. For the past few years, there was concern that the balance in the National caucus tipped towards social conservatism, and one of its many fractures was along religious lines. The observant MPs were known as

Luxon appeared to be trying to have a bob each way, placating those nervous of 'The Taliban' while appealing to the Christian right.

"The Taliban". Among their number were Bridges, an Anglican whose father was a Baptist minister, Simon O'Connor, Simeon Brown, Harete Hipango and Maureen Pugh.

Alfred Ngaro, who holds a theological degree, Agnes Loheni and Paulo Garcia, a devout Catholic, had not returned to Parliament after the 2020 election.

Media interviewers continued to bait Luxon on his beliefs. He confronted the issue head-on in his maiden speech, arguing that just because he held a Christian faith did not mean he had extreme views. It anchored him and gave his life purpose, he said, and he argued a person should not be elected nor rejected because of their

Pre-ordained: Bridges, right, struck a deal which allowed Luxon to ascend to party leadership.

beliefs. "My faith is personal to me. It is not in itself a political agenda." Luxon appeared to be trying to have a bob each way, placating those nervous of "The Taliban" while appealing to the Christian Right. Willis was a ballast, but Luxon went further: ruling out changing abortion laws if elected prime minister, and changing his vote in order to support safe zones outside abortion clinics, when he had previously opposed legislation to create them. The 52-year-old also claimed he had stopped attending church five years earlier. Among the conservative elements in caucus, the apparent dilution of his principles was quietly noted.

"The media have got him wrong, thinking he's a Christian fundy conservative," a senior party figure says. "He is more comfortable with the ideas of Barack Obama than [former Canadian prime minister] Stephen Harper or Boris Johnson. He's not particularly different from Ardern. Economically, maybe."

Extracted from Blue Blood: the Inside Story of the National Party in Crisis, by Andrea Vance (HarperCollins, \$36.99).



STUFF



Lauren Roche: "Having multiple projects on the go keeps my brain active."

The plot thickens

She's been a teen stowaway, a prostitute, and a GP. So it's not entirely surprising that Lauren Roche has now turned to fiction writing, in the latest chapter of her extraordinary life. **by SHARON STEPHENSON**

There's a Japanese word, *ikigai*, which means having a direction or purpose in life. Although there's no literal English translation, it's a philosophy that embodies the art of living a balanced, slower life – one that brings joy.

Mention to Dr Lauren Roche that she may have achieved *ikigai* and, eye roll aside, the GP-turned-author will agree. "These days, I have a nice quiet life," she says from her home in Northland's Tutukaka, a hefty stone's throw from the water. "I actually live a hermit life, which I love."

I'm calling to chat about the 60-year-old's debut novel, *Mila and the Bone Man*. Set in the Far North, close to where Roche has lived for seven years, it centres around Mila, a young woman of Croatian heritage, and her Māori neighbour Tommy, whose passion for the bush and bones changes her life in ways she couldn't imagine. "It's a story of deep friendship and complex grief and the way that affects people. And how these characters, who are of the forest, seek healing and solace from that forest."

Before we get to that, and chat about why Roche gave up medicine to write, we first have to dip into how she got here, to a writing hut in dense native bush, her five-month-old puppy at her feet.

It's an astonishing story that has everything: prostitution, fire-eating, prison, sexual abuse, bankruptcy, medical school, drugs and suicide. There's even a shipwreck, an Ironman competition and three marriages.

It's the kind of story, if Hollywood ever got its hands on it, in which you just know Kate Winslet would play the role of Roche.

It was the subject of Roche's 1999 memoir, *Bent not Broken*, in which she wrote, "My life is one of dreams lost and found again, of abandonment and

rediscovery. There is pain, but there is also a lot of laughter and light."

It's a journalistic cliché to go hunting for the tragedy in someone's life, but you don't have to search far with Roche. She was born in Wellington, the oldest of three daughters, to parents she says "didn't really know what they were doing".

"Mum was 18 when she had me and Dad was 21. They were bright but under-educated and my childhood was pretty chaotic."

She's not airbrushing it: there were various moves across the Tasman and never enough money, food or love to go around. When Roche was eight, she was sexually

"I picked medicine because it was the most challenging thing I could find – to try and nullify the bad things I'd done and absolve myself."

abused by the father and brother of her mother's boyfriend.

"Blood was running down my leg, so I told Mum I fell on a stick," she recalls. "I think she suspected what had happened because she sent me to live with my grandparents."

Her mother, who struggled with drug and alcohol abuse and mental-health issues, fatally overdosed when she was 32 and Roche was 14. "I was living in Auckland with an aunt at the time, so for years I felt as though I'd let Mum down because she died alone. It took me a long time to unpick that grief."

Roche was bright but left school at 15. There followed a cycle of soul-sapping

jobs, from working at McDonald's to cleaning the corridors of Wellington Hospital, ironically the same corridors she later walked as a doctor.

Seeking adventure, at 16 she stowed away on an American naval ship, spending 21 days in complete darkness, unable to sit up in the tiny cupboard she was secreted in. "One of the sailors brought me food and I would pee in a can. But I refused to poo in the can, so I held on for 21 days!"

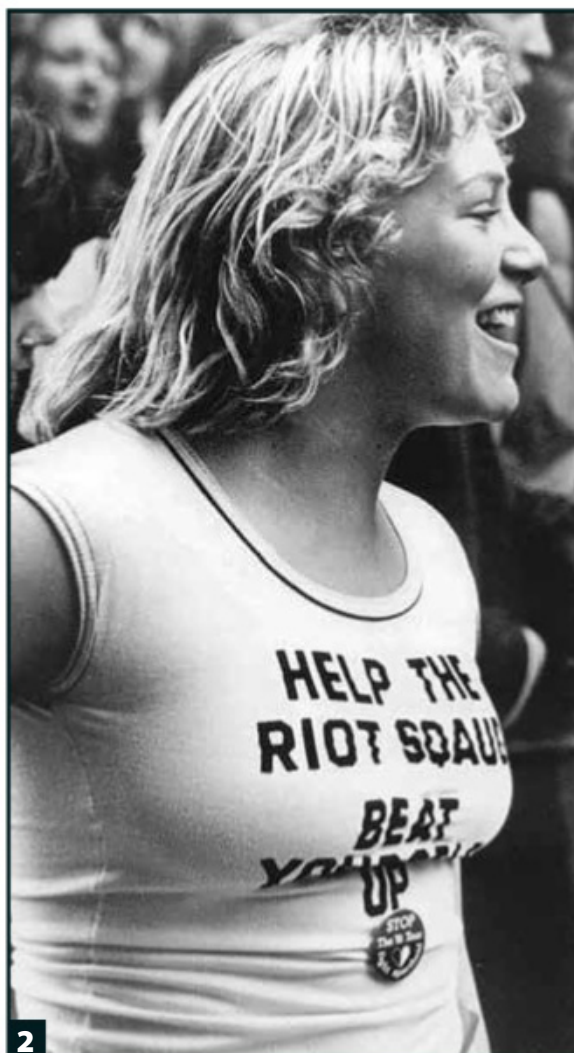
It's probably not surprising that this story doesn't end well: two months after arriving, Roche was arrested for being an illegal immigrant. She spent three weeks in a Texas jail before being deported.

Back in Wellington, she was working as a fire-eating stripper and prostitute when she discovered she was pregnant with son Paul (now 42). It wasn't her finest hour: "We did some terrible things back then, things like rolling Korean sailors for their wallets."

TURNING POINT

Like her mother, Roche was stalked by post-natal depression and tried to commit suicide. Unlike her mother, it proved Roche's turning point. "When I was in hospital, one of the doctors said to me, 'Do you have any dreams for your life?' I told him I'd always wanted to be a doctor, and he smirked. But while I was in the psych unit, I realised my life was turning into my mother's and that education was the only way to stop it. I picked medicine because it was the biggest, most challenging thing I could find – to try and nullify the bad things I'd done and absolve myself."

Roche returned to high school to complete her last three years, repeating seventh form because she became pregnant with her second son, Christopher (now 37).


1

2

3

Put it down to her rugged Viking roots, or the determination she wears like a shield, but there was never any question Roche wouldn't finish what she'd started. "My grandmother looked after my eldest while Christopher came to Otago University with me. He had epilepsy and was autistic, so it was a challenge raising him on my own and studying medicine."

She'd rise at 4am to revise, and often felt like a fish out of water. "I had this recurring dream of getting kicked out because I wasn't good enough. But I remember Professor Eru Pōmare saying to me, 'We need more doctors like you, so don't let them get you down.'"

Roche had her heart set on obstetrics and gynaecology, but juggling 48-hour shifts with young children wasn't a good fit, so she became a GP, first in Wellington, then Paraparaumu, Palmerston North and Napier. "I've been gradually moving towards the sun," she laughs.

Being a respected GP didn't automatically cancel out her demons: a gruelling work schedule ended her second marriage (her first, to a Canadian national for a visa, lasted a day) and then her old nemesis, depression, returned. "I started prescribing myself sleeping tablets and became addicted."

There was another failed suicide attempt, which ended with Roche being "treated in hospital by doctors who were my juniors. It was mortifying."

Because she wasn't working or paying her bills, the debts piled up and Roche declared bankruptcy in 1995. "I was too messed up and depressed to figure a way out, but too embarrassed to go on a benefit."

A friend offered her a lifeline – work at a Kāpiti Lotto shop – which she did for a year. It gave her the mental space to start writing. "I wrote a medical column

"I remember my first swimming lesson at the local pool where five- and six-year-olds were beating me."

in a magazine and started thinking about what I wanted to write. Even though my parents had issues, they were both great readers and passed that love of books on to me. As kids, we'd have boxes of second-hand books from the Salvation Army."

EXTREME EXERCISE

Once Roche started writing, she couldn't stop. She followed *Bent not Broken* with a second memoir, *Life on the Line*. "I finished the first book on a positive note, but I didn't want people to think that, if you get an education and change your

life, all will be fine. My life has been a mess, then it hasn't been, then it has been a mess again. In the second book, I was trying to figure out why I've had so many ups and downs in my life."

There was a third marriage, and eventual divorce, to a plumber in Napier. And the realisation that although Roche had managed to put some of her psychological demons back in their box, she'd neglected the physical ones.

"My weight had climbed to 103kg and I was tired all the time. I wanted to do something positive for my health."

True to form, she picked the hardest thing she could find – the Ironman competition, a gruelling 3.9km swim, 180km bike ride and 42.2km run.

"I could only swim three strokes, hadn't ridden a bike since I was 20 and couldn't run. I remember my first swimming lesson at the local pool where five- and six-year-olds were beating me. Their parents, many of whom were my patients, were watching, which was hugely embarrassing."

But Roche persevered, and despite an injury that meant she had to walk the race instead of run, 18 months later she completed it in 16 hours, 36 minutes.

While training for her second Ironman, Roche injured her back. Two surgeries followed, leaving her with spinal cord damage. It put an end to exercise and left her in daily pain. "All I can



1. Roche as a toddler. 2. At a 1981 Springbok tour protest in Wellington. 3. Graduating with a Master of Creative Writing from AUT in 2021. 4. Competing in the Taupō Ironman in 2007. 5. With Winnie the poodle at Hibiscus Hospice, Whangaparāoa, in 2012.

do these days is a gentle walk in the bush. I can't drive far or sit for long."

It also signalled an end to Roche's medical career, because one side effect of the injury was incontinence. "Having to go to the toilet every 15 minutes doesn't really work when you're in a public-facing role."

It was the break she needed to become a full-time writer, but this time of fiction.

"I had outright hatred from some in my family when my memoirs were published, so Dad begged me to pick on someone else's family story. I remember the local community paper running a story about my first book with the headline: 'From Stripper and Prostitute to Doctor'. Dad was so worried about his parents seeing it that he ran up and down the street grabbing newspapers out of letter boxes."

JUST GETTING STARTED

It's the nature of memoir that other people can get caught in the crossfire. Roche says since many in her family are no longer alive to defend their stories, she decided to switch to fiction.

The idea for *Mila and the Bone Man* came in 2018 when she was running through the bush. "There had been all this publicity about kauri dieback," she explains. "So, they'd set up sanitisation stations around the bush, but I watched runner after runner swerve around

them because they didn't want to spend 10 seconds doing something to help nature. I wondered how that kind of selfishness would feel for someone of the forest."

The first draft of the manuscript, completed in 2019, was from the perspective of a young Māori woman. But that eventually proved problematic.

"I consulted with Māori and one

"One person whose opinion I respect said having me write from the Māori perspective was culturally really confronting."

person whose opinion I deeply respect said having me write from the Māori perspective was culturally really confronting. I realised that Mila didn't have to be Māori to be part of the natural world, so I rewrote it, giving her European heritage and making Tommy, the autistic boy next door, Māori.

"Writer Pip Adam, who was my mentor for this novel, agreed it was good to change the ethnicity of my protagonist and I'm thrilled with how it turned out."

Roche laughs for a really long time when I ask if she's scratched her literary itch. "I'm just getting started," she says in a tone that suggests this is only the tip of the writing iceberg.

Her writing hut, tucked into the 4ha property she shares with her partner, coffee roaster Graham Allen, has seen a lot of action lately. There's the manuscript Roche completed as part of her master's degree in creative writing at Auckland University of Technology, *Songs to Sing to the Dying*, a book she describes as "a metafictional postmodern pastiche that personifies death and demystifies some aspects of dying".

Her second completed manuscript, set in the 1850s, tells the story of two artists competing to illustrate the medical textbook *Gray's Anatomy*.

There are other books in the pipeline – "having multiple projects on the go keeps my brain active" – and the rest of the day is filled in with reading, playing with her bichon puppy, Lucy Jordan, and trying to answer all the questions on the TV show *The Chase*.

It is, she concedes, her own take on *ikigai*. "My injury really opened up my life and allowed me to do something else I love. Once again, I've totally changed my life." ■

Mila and the Bone Man (Quentin Wilson Publishing, \$37.99) is available on August 18.

Game of the name

British podcaster and performer Helen Zaltzman is never lost for words to set her off on linguistic adventures. **by MARK BROATCH**

Lots of inventions and discoveries get named after people – the biro pen, the sandwich, degrees Celsius – but there is frequently little rhyme or reason to how this happens. Sometimes people actively promote things taking their names – such words are called eponyms – though many times through history people have tried to prevent it or had little choice, typically because the association happened after they were dead.

Joseph-Ignace Guillotin, for instance, didn't invent the terrible star of the French Revolution and was actually opposed to capital punishment, merely wanting humane deaths. The guillotine was once known as the lousette, after its actual inventor, his colleague Antoine Louis. The fellow who designed the Uzi machine gun, Israeli soldier Uziel Gal, didn't want it named after him, though Richard Gatling, who patented the best known of early machine guns in the 1860s, was dead keen; Mikhail Kalashnikov, designer of the AK-47 among other weapons, wasn't happy at the ubiquity of the killing machines he'd created but took pride in their efficiency.

There's always a story with an eponym, says British broadcaster and podcaster Helen Zaltzman. Some people have interesting stories unrelated to their inventions, like Belgian musician Adolphe Sax, inventor of the saxophone, who had a very calamitous childhood. "He had so many near-death experiences. He accidentally drank vitriol [sulphuric acid] thinking it was milk, he swallowed a pin, got hit in the head by a cobblestone, nearly drowned, apparently he was nearly asphyxiated by furniture varnish. It does make you think differently: wow, he went through all that and

at least you've got this saxophone by [his] surviving."

Zaltzman is touring the country next month with her language show, *The Allusionist*, to talk about, among other things,

"If something's named after you, that's quite grand. But if it's a disease, people aren't necessarily excited."

eponyms. "Yeah, they come up quite often in the show. There was an episode about Dr Asperger quite recently," she says, speaking to the *Listener* on a Zoom call from Sydney.

There were a lot of problems with Hans Asperger, an Austrian paediatrician, she

Word associations: Helen Zaltzman's language explorations include forays into the origins of eponyms, puns and profanities.



says, mainly because he colluded with Nazis in the harm and death of a lot of children. Also, he did little work on the condition that was later given his name, a high-functioning form of autism. A British psychologist, Lorna Wing, named it after him but apparently he denied it had anything to do with him. We talk about how Asperger was Austrian so his name would have been pronounced with a hard g – everywhere you hear it pronounced like purge – as apparently should gerrymandering, named after US politician Elbridge Gerry. "We just do what we want!" she cries.

Medical eponyms are tricky in general, she says, because often they're an honorific. "If something's named after you, that's quite grand. But if it's a disease, then people aren't necessarily excited:

"Oh you killed my grandmother, brilliant."

Her father has Parkinson's disease, Zaltzman says, and it is a shame to have such a negative association with the English surgeon James Parkinson, who was apparently an incredibly interesting and socially useful person who fought for workers' rights. I mention that my grandmother suffered from another eponymic ailment: Capgras syndrome, a delusion whereby someone thinks a loved one is an impostor. Luckily, she liked the replacement.

ADHESIVE LABELS

Often, says Zaltzman, the eponym is named not after the first person to discover something but the one with the most "sticky" association. Or with foods, the first one to sell it, such as the Granny Smith apple, which was first cultivated in Australia by a woman named Smith. "I don't think there's

anything wrong with pavlova – it’s just a good dessert,” she says, before I alert her to the trans-Tasman argument over who invented it.

Many people may not even know that some words are named after people. Boycott, for example, was named after an overbearing British land agent in Ireland. Henry Shrapnel was a British army officer who invented the shell. The hoover – that dated English term for a vacuum cleaner – might have been named the spangler after its inventor, an asthma sufferer, if he hadn’t passed it on to his more moneyed cousin, Susan Hoover.

For some eponyms, such as silhouette, it’s disputed how they caught on. Says Zaltzman, “[Étienne de Silhouette] was a French finance minister who introduced very severe austerity measures in the mid-1700s, so his name got applied to things that were done very cheaply. And because silhouette portraits don’t have colour in, and were very popular around the same time, that’s how he got on those.” Although there’s evidence that Silhouette also collected outline portraits, so we may never know the truth on this one.

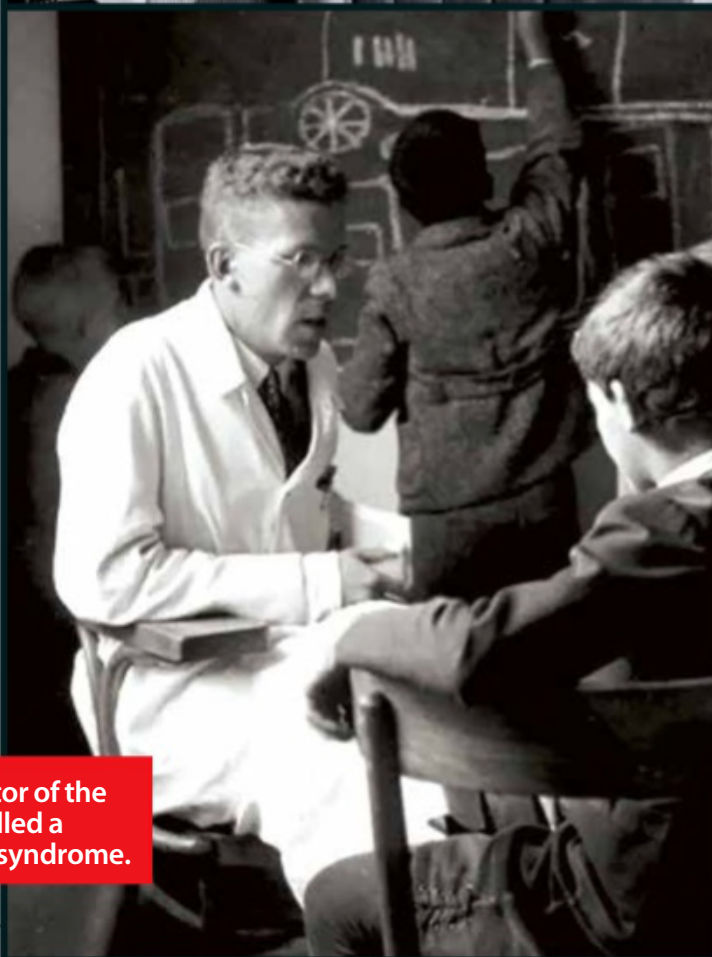
Before doing research, Zaltzman had no idea of the history of the word “guy”. It follows Guy Fawkes, one of the people executed for the 1605 Gunpowder Plot. Fawkes wasn’t even the primary person involved in the plot, she complains. That was Robert Catesby, so we could have been saying, “a good bunch of bobs” – or maybe even “guidos”, as Fawkes was also known.

AN EDUCATION

The Allusionist has been going for seven years. How did Zaltzman, who has Lithuanian-Jewish ancestry out of South Africa, get into talking about puns, profanity and Polari – a slang language – for nearly 200 episodes?

“I’d always been very interested in the history of language,” she says. “I went to a pretty old-fashioned school, so we learnt French and Latin from the age of seven. And I studied a lot of Old English and Middle English at [Oxford] university.

“I did other things for years and then I got the opportunity to make a podcast



Title donors: From top, Adolphe Sax, inventor of the saxophone; the hoover could have been called a spangler; Hans Asperger’s name became a syndrome.

about whatever I wanted and thought, with language I won’t run out of things to be interested in. It’s been probably the most educational experience of my life, despite the formal education that I had for 17 years.

“I remember when I got into *The Allusionist*, I hadn’t really learnt about all the enormous problems as well, particularly with the English language, which, I think, is a reflection on British education – they don’t teach us about empire or anything, or that English is not a global language by some kind of accident or lottery. As people in Aotearoa New Zealand know all too well – there’s a lot of violence there and bad political acts and oppression.”

“It’s such a struggle to keep a language alive when you’ve got English stamping around.”

She came to this country three years ago, and noticed in particular the revival of te reo Māori and the beginnings of dual-naming of places. “As language revivals go, it’s been quite a successful one. It’s such a struggle to keep a language alive when you’ve got English stamping around.”

Favourite podcast episodes? “Well, obviously I hate all my work,” she says. But Zaltzman likes being surprised by language. One episode covered how in 1880s Buenos Aires the bakers went on strike and gave pastries names like “priest balls” to insult the church and government. The strike lasted only 10 days and they got a big pay rise because people wanted their pastries. But the pastries retained those names. After that episode went out, she says, “someone said, ‘You should talk to a guy who’s doing a PhD in how in 1960s Brazil the newspapers would print recipes that didn’t work, as a signal to readers that they were being censored.’

“These little ways of protest are everywhere, if you knew where to look for them.” ■

The *Allusionist* show is on around the country in August including at the Auckland Writers Festival. See theallusionist.org/

GETTY IMAGES

Child's best friend

Assistance dogs are transforming the lives of children with autism and bringing peace of mind to their families.



Impulsive and unpredictable behaviour is often a feature of autism spectrum disorder, and taking children out of their usual environments may be stressful and risky. As a result, many families feel trapped and isolated.

Specially trained assistance dogs can change the lives of children with autism and their parents, literally opening up their worlds and giving them greater freedom.

Researchers from the University of South Australia recently studied eight families and had them map the places they went before and after

“Some said it was the first time they had been able to take the whole family to the zoo or a cafe.”

they received an assistance dog. Not only did they venture further afield and visit more places with the dog, but there were fewer “meltdowns” among children, who were soothed by its presence when feeling overwhelmed by the sights and sounds of a new environment.

Occupational therapist Shelley Wright says perhaps the most surprising aspect of the study

was the idea of “freedom through restraint”. “Parents are often scared a child will run off,” Wright says. “Bolting is the term they tend to use. So, children with autism may end up being strapped into a pram a lot longer than typically developing children, to keep them safe.”

Once tethered to a dog, which is trained to anchor them if they try to bolt, a child with autism is free to walk without there being any fear of them running away, perhaps towards a busy road.

There have been concerns about this use of a tether, and suggestions that an easy-release Velcro fastening should be used instead. But families in the study pointed out there is no point in a harness that a child is able to rip off and, while being attached





Canine companions: Lachlan with Lady. Inset, Sienna with Rocco. The dogs are a calming influence and help kids cope out in the world.

overwhelming for the child with autism. But with the dog there to stroke, it made a big difference.

“The dog also acted as a visual cue. Other people realised this was a child with special needs when before they might have assumed the child was behaving badly.”

Some dogs slept with the children, and perhaps partially on them, supplying deep pressure and calming them enough to sleep through the night. The children spent time leaning into their dog,

Some children used their dog to boost confidence, and several who were non-verbal began talking.

watching TV with them, and considered them a friend. Some also used their dog to boost their confidence in stressful situations, and several who had been non-verbal began talking due to their interest in interacting with the dog.

“Many parents were not sure how they managed without a dog,” says Wright.

In New Zealand, it costs about \$75,000 to breed and train a dog then settle it with a family, and the Assistance Dogs New Zealand Trust has a long waiting list.

Alex Williams, the trust’s fundraising and communications manager, says the concept is relatively new here. The organisation started in a fairly small way but is now graduating eight to 10 dogs a year. It takes at least two years to develop and train the animals, and instructors also need to work with the family, supplying regular follow-ups.

“Demand is huge,” Williams says. “When we started, we were the first organisation here to train dogs for autism. We mostly work with kids and some adults with neurodisabilities, and given that we’re a charity, can only output so many.”

Williams has seen for herself the difference a service dog can make for children with autism and their families. “We had one client who was non-verbal and the dog was in a full-tether role. Now, that child is verbal and can interact with other kids. The dog has helped her develop, and when it retires, she may not need another one because she’s got more independence now.” ■

to the dog may be a form of restraint, it is one that allows more freedom for both children and their families, giving peace of mind, and potentially saving lives.

“It was a key reason that many of these families had applied for an assistance dog,” says Wright.

Previous research has shown the presence of an assistance dog reduces morning cortisol levels in the child and their parents, and participants in the Australian study confirmed that their children were calmer.

“Some said it was the first time they had been able to take the whole family on an outing to the zoo or to a cafe,” says Wright. “Previously, those experiences would have been too

HEALTH BRIEFS

TAU PROGRESS

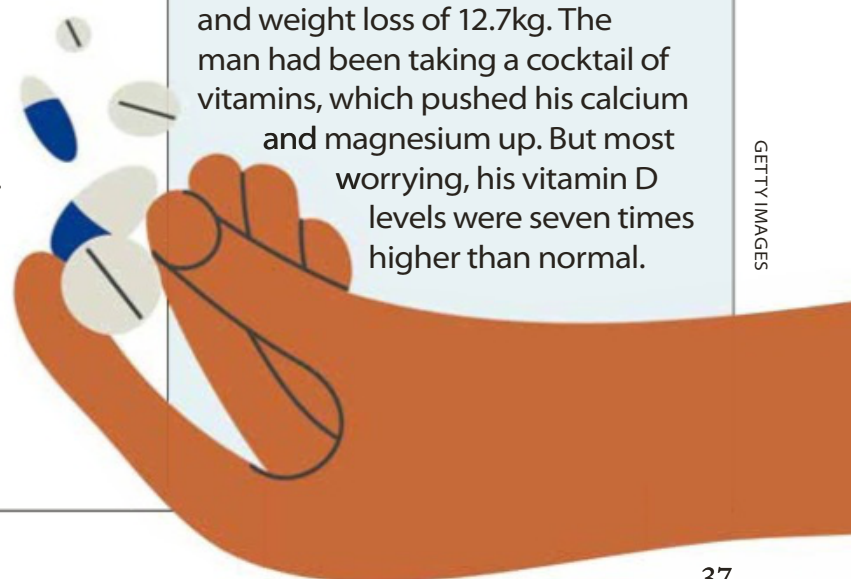
A new Flinders University study has shown how a protein called tau, a critical factor in the development of Alzheimer’s disease, turns from normal to a disease state. The team’s findings provide hope for preventing the tau transformation process from happening, thus keeping tau in a healthy state and avoiding toxic effects on brain cells. Although the changes to tau have been known about for decades, it remained unclear how it occurs. The new study has solved part of the mystery.

WATER BIRTH BENEFITS

Water births provide benefits for healthy mums and their newborns, according to a review of 36 previous studies involving 157,546 women. Researchers from Oxford Brookes University in the UK found that water immersion during labour and/or birth significantly reduced the use of epidurals and injected opioids compared with standard care. Water immersion also reduced the likelihood of perineum tearing and excessive bleeding after birth and the need for surgical perineum cutting.

VITAMIN D OVERDOSE

Researchers from East Kent Hospitals University NHS Foundation Trust in the UK have posted a warning about taking too much vitamin D after they treated a man who ended up in hospital. The condition caused the man to have recurrent vomiting, nausea, abdominal pain, leg cramps, tinnitus (ringing in the ears), a dry mouth, increased thirst, diarrhoea, and weight loss of 12.7kg. The man had been taking a cocktail of vitamins, which pushed his calcium and magnesium up. But most worrying, his vitamin D levels were seven times higher than normal.



GETTY IMAGES



Read the label

A vegan or vegetarian diet won't guarantee better health, but attention to detail should bring benefits.

Question:

I recently read in a newspaper article that vegan products were often less healthy when compared with regular food products. Vegan ready meals had more salt and sugar than meat-based ready meals, and plant-based yogurts had less protein and more calories than regular dairy yogurts. I thought vegan diets were supposed to be healthier?

Answer:

Vegan and vegetarian diets, when well planned, are linked to a range of health benefits. However, the critical point here is the “well planned” part of the statement. Because there are many vegan diet options, and not all are healthy. As you’ve read, food products are

Well-planned vegan and vegetarian diets appear to improve long-term health outcomes.

not automatically more nutritious because they are vegan.

Vegans abstain from using animal products, including in their diet. They eat plant-based foods such as vegetables, fruits, grains, nuts and seeds, and plant-derived processed

foods. They do not eat meat, fish, dairy products, eggs or food products containing those ingredients.

Vegetarians, in contrast, add dairy products and eggs to their plant-based diets.

Although plant-based diets are at risk of being deficient in protein, iron, vitamin D, calcium, iodine, omega-3, and vitamin B12, a well-planned plant-based diet can meet all the nutrition requirements of otherwise healthy adults – except for vitamin B12, which vegans must acquire through dietary supplementation.

From a health perspective, well-planned, healthful vegan and



– albeit a nutritionally deficient vegetarian.

Unfortunately, the same is true when it comes to food products. Not all vegan or vegetarian products are created equal. And often, the more processed they are, the less healthy they are likely to be (which explains why nutritionists recommend choosing foods as close as possible to their natural form).

We must pay as much attention to the nutrition profile of a vegan food product as to a “regular” food product.

Sadly, a segment of the food industry is prepared to invent new ways of eating poorly for consumers. For example, if you want to avoid sugar, they’ll create sugar-free junk foods. And if you want to eat vegan, they can create vegan food products that are more unhealthy than non-vegan foods.

Having said this, it does not mean that the entire food industry is corrupt.

It simply means we must pay as much attention to the nutrition profile of a vegan food product as we would to a “regular” food product – if we are interested in our long-term health.

One cannot assume a “vegan” label guarantees a healthy food product, yet we often subconsciously think this. Indeed, researchers have termed this the “health halo effect” – the finding that consumers presume a food to be healthier if it has healthy-sounding phrases on its packaging such as “protein”, “natural” or, in this case, “vegan”. A 2018 study, for example, found that even when a traffic-light warning label was affixed to a food product, consumers still perceived it as healthy if it had the word “protein” on the front packaging.

In summary, a well-planned vegan or vegetarian diet can undoubtedly produce health benefits. But it’s important to compare nutrition labels between products to find the healthiest option. ■

Of course, there is no single version of a vegan or vegetarian diet. Theoretically, one could eat only French fries and baked potatoes and still qualify as a vegetarian

Email your nutrition questions to listenerlife@aremedia.co.nz

NUTRITION BITES

HUNGER GROWS

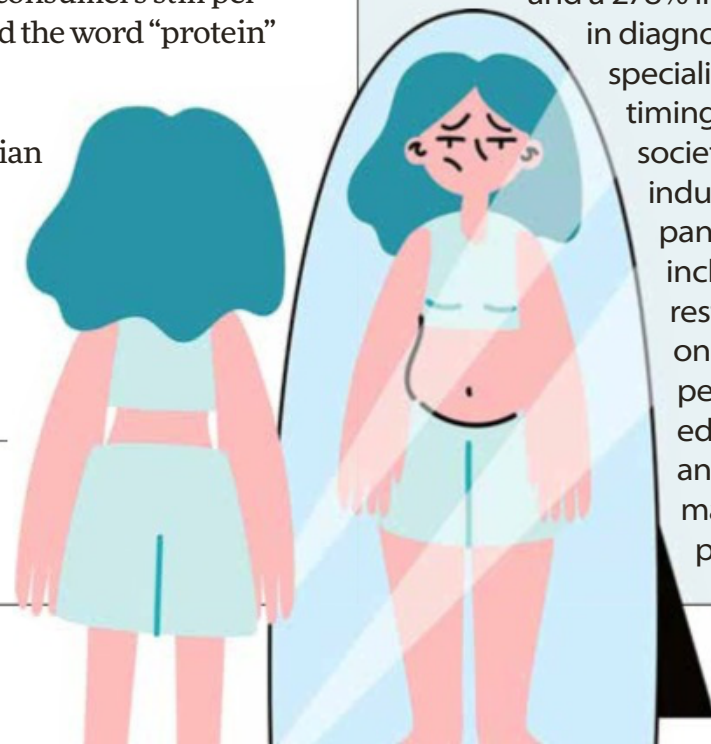
World hunger is a growing problem, the World Health Organisation, Unicef and other international food agencies say in *The State of Food Security and Nutrition in the World 2022*. An estimated 828 million people were affected by hunger in 2021, some 46 million more than the year before and 150 million more than in 2019. About 2.3 billion people (29.3%) were moderately or severely affected by food insecurity, about 350 million more than before the Covid-19 pandemic began.

UNHEALTHY PICK-ME-UPS

New research suggests that children, like adults, tend to gravitate towards poorer food choices when they are experiencing negative emotions. A study published in the *Journal of Nutrition Education and Behavior* has found that children chose fattier foods on days they were experiencing negative emotions. Similarly, adults have been found to choose less nutritious foods and overeat when they experience negative emotions.

LOCKDOWN & EATING DISORDERS LINK

Norwegian researchers have reported a significant increase in eating disorder diagnoses among adolescent Norwegian girls after the onset of the Covid-19 pandemic, which mirrors research findings in North America. Notably, there was a 67% increase in diagnoses in primary care and a 278% increase in diagnoses in specialist care. The timing suggests societal changes induced by the pandemic, including restrictions on young people’s lives, education, and activities, may have played a role.



vegetarian diets appear to improve long-term health outcomes. For example, a 2017 review of 86 cross-sectional and 10 cohort studies found that vegetarians had a lower incidence of heart attacks and cancer, and vegan diets were associated with a lower incidence of cancer. Vegetarianism is also associated with a lower prevalence of diabetes, metabolic syndrome, hypertension and all-cause mortality.

Of course, there is no single version of a vegan or vegetarian diet. Theoretically, one could eat only French fries and baked potatoes and still qualify as a vegetarian



Thrill of the grill

Vegan food writer KATY BESKOW provides all the inspiration you need to warm up your winter with a few flames.

The barbecue is the perfect place to cook paella, as the heat starts high – perfect for charring the vegetables – before naturally reducing in temperature while the rice is absorbing the saffron stock. I love tender Spanish butter beans, with a pinch of good-quality saffron for a honeyed taste.

SMOKY PAELLA WITH BUTTER BEANS AND OLIVES

pinch of saffron strands
800ml hot vegetable stock
6 mixed mini sweet (bell) peppers, halved and deseeded
1 courgette, sliced into rounds
2 tbsp olive oil
1 unwaxed lemon, halved
1 onion, finely diced

3 garlic cloves, crushed
1 tsp smoked paprika
1 tsp dried oregano
300g bomba paella rice
400g canned or jarred butter (lima) beans, drained and rinsed
8 pitted green olives, sliced into rounds
handful of fresh flat-leaf parsley, chopped
small handful of fresh dill, roughly torn, stems discarded
pinch of sea salt

Preheat the barbecue on high heat. Stir the saffron into the hot vegetable stock in a jug or pan and allow to infuse.

In a bowl, toss together the peppers and courgettes with 1 tablespoon of the olive oil. Lay the vegetables on to the hot grill along with the lemon halves and cook for 2-3 minutes on each side, or until char lines appear and the vegetables soften. Set aside in a bowl.

Drizzle the remaining tablespoon of olive oil into a 30cm carbon steel (barbecue-safe) paella pan and place the pan onto the grill. When the oil is hot, add the diced onion and soften for 5-7 minutes.

Add the garlic, smoked paprika and oregano and cook for a further 3-5 minutes, stirring frequently, until fragrant.



From left, smoky paella with butter beans and olives; charred pepper orzo salad with olives; grilled lemon cake with limoncello cream and pistachios.

Stir in the rice and coat in the mixture for a couple of minutes, then add in half the stock. Cover the pan with kitchen foil or close the barbecue lid and cook for 15-20 minutes, or until most of the stock has absorbed. Stir in the remaining stock along with the butter beans and cook for a further 10 minutes, until the stock is absorbed and the dish is starchy and thickened.

Scatter the cooked vegetables over the top and squeeze over the charred lemons. Scatter on the olives, flat-leaf parsley and dill. Season with salt to taste, then allow to stand off the heat for 5-10 minutes before eating.

Serves 4.

HOT TIP

Prepare all the ingredients before you start cooking so you can easily throw together the paella on the barbecue, with everything you need to hand.

TENDER AND JUICY peppers, orzo pasta, olives, lemon juice and fresh baby cucumbers are combined in this satisfying salad. Ramiro peppers are

long and slim and have a thin skin, so they cook quickly and become very tender with little effort from you. Serve the salad either warm or chilled.

CHARRED PEPPER ORZO SALAD WITH OLIVES

2 ramiro peppers, halved lengthways and deseeded
1 tbsp good-quality olive oil, plus extra for drizzling
250g dried orzo pasta
2 baby cucumbers, thinly sliced (or ¼ regular cucumber, diced)
8 black pitted olives, thinly sliced
1 tbsp flaked (slivered) almonds
juice of ½ unwaxed lemon
handful of fresh flat-leaf parsley, finely chopped
small handful of fresh dill, finely chopped
generous pinch of sea salt and black pepper

Preheat the barbecue to medium heat. Brush the ramiro peppers all over with olive oil. Place the peppers on to the hot grill and cook for about 5-6

minutes on each side, until charred in places and very tender. Remove from the grill and allow to cool while you prepare the salad.

Bring a pan of water to the boil on the hob, then add the orzo. Cook for 8-10 minutes, until al dente, then thoroughly drain away the water.

Add the pasta to a large bowl, then stir in the cucumber, olives, almonds, lemon juice, parsley and dill.

Roughly slice the ramiro peppers, then stir into the salad.

Drizzle with a little extra olive oil and stir gently to combine. Season to taste with salt and pepper.

Serves 4.

BAKE THIS LIGHT and zesty lemon cake in the oven, allow to cool and rest (preferably overnight), then grill on the barbecue to create layers of flavour in the dessert. Whip up a bowl of limoncello-infused cream, then top with crunchy pistachios.

GRILLED LEMON CAKE WITH LIMONCELLO CREAM AND PISTACHIOS

250g (2 cups) self-raising flour
100g (½ cup) caster sugar
¾ tsp baking powder
250ml (1 cup) sweetened soya milk
100ml sunflower oil
1 tsp good-quality vanilla extract
zest and juice of ½ unwaxed lemon
270ml vegan double cream, chilled
2 tbsp limoncello
2 tbsp shelled pistachios, roughly chopped

Preheat the oven to 180°C. Line a small baking tray (30cm x 20cm) with baking paper.

In a large bowl, stir together the flour, sugar and baking powder. In a jug, whisk together the soya milk, sunflower oil, vanilla extract, lemon zest and juice. Fold the liquid mixture into the dry mixture until just combined.

Pour into the lined baking tray, then bake in the oven for 20-25 minutes, until lightly golden and risen. Remove from the oven and allow to cool before cutting into 6 squares. Rest the cake overnight, or for at least 6 hours.

When you are ready to serve, preheat the barbecue on high heat.

Add the double cream to a large bowl and stir in the limoncello. Use an electric whisk or stand mixer to beat the cream until whipped and light. Set aside.

Carefully place the squares of cake on to the hot grill. Allow to cook for about 1 minute until char lines appear, then turn them over. Remove from the heat before a golden crust forms on the cake.

Place the grilled cake squares on serving plates and top with a spoonful of the whipped cream. Scatter with chopped pistachios and serve while the cake is still hot.

Serves 6.



RICH CHOCOLATE MOUSSE is taken to the next level with a pinch of smoked sea salt. Salt enhances the flavour of chocolate, making it “pop” and intensify. It also gives a subtle crunch to the top of the dessert. Smoked sea salt is available in supermarkets; it’s worth keeping some in the cupboard to add a hit of smokiness to other dishes, too.

CHOCOLATE MOUSSE WITH SMOKED SALT

340g silken tofu

100g dark chocolate, broken into pieces

4 tbsp maple syrup

1 tsp good-quality vanilla extract

pinch of smoked sea salt flakes

Add the silken tofu to a high-powered jug blender and blitz on high until smooth, or use a stick blender to blitz it in a bowl.

Add the dark chocolate pieces to a heatproof bowl, then melt over a pan of simmering water, making sure the base of the bowl does not touch the water. Stir occasionally, until the chocolate has melted into a shiny liquid, then carefully add to the blended tofu.

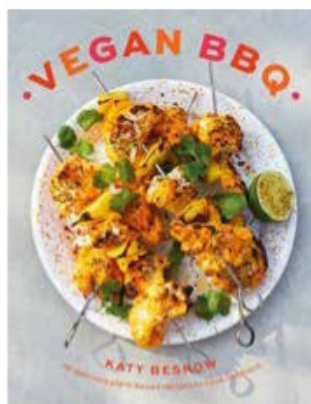
Stir in the maple syrup and vanilla extract and blend again to ensure the mixture is silky smooth. Spoon into 4 ramekin dishes, then chill in the fridge for at least 4 hours, or overnight, until set. Just before serving, sprinkle over the smoked sea salt.

Serves 4.

HOT TIP

Silken tofu can be found in most supermarkets. It’s often found in the world foods aisle. ■

This is an edited extract from **VEGAN BBQ**, by Katy Beskow (Quadrille Publishing, \$35).



WINE

by Michael Cooper

Forget your ABCs

Often overlooked, Central Otago chardonnay is gaining in popularity.

Think Central Otago wine, think pinot noir. Think Central Otago white wine, and you probably think pinot gris or riesling, rather than chardonnay.

Why is that? In Burgundy, home of the world’s most esteemed pinot noirs, the dominant white-wine variety is chardonnay. But in the first decade of this century, when Central Otago’s pinot noir plantings were exploding, many wine consumers around the world belonged to the ABC (Anything But Chardonnay) club.

Between 2002 and 2008, when Central Otago’s area of bearing pinot noir vines soared from 264ha to 1198ha, the area of bearing chardonnay vines rose from just 62 to 67ha. Today, the region’s pinot gris plantings are more than double chardonnay’s, but the quality of chardonnays from the Deep South is capturing widespread interest.

Domaine-Thomson Surveyor

Thomson Clutha Left Bank

Chardonnay 2021 ★★★★★

This stylish, single-vineyard wine was hand-picked on the left bank of the Clutha River, at Lowburn. Bright, light yellow/green, it is lemon-scented, youthful and tightly structured, with fresh acidity and strong citrusy, peachy, slightly biscuity flavours, showing very good vibrancy and complexity. Best drinking 2024+. (13.5% alc/vol) \$45

Felton Road Block 2 Central Otago

Chardonnay 2020 ★★★★★

This typically outstanding wine is grown in a special part of The Elms Vineyard in front of the winery, which has the oldest vines. Bright, light yellow/green, it is a very

classy, concentrated and finely poised wine, with deep grapefruit and peach flavours, a subtle oak influence, cool-climate vigour and a long finish. Best drinking 2024+. (14% alc/vol) \$66

Māori Point Single Vineyard Central

Otago Chardonnay 2021 ★★★★★

Already enjoyable, this youthful wine was hand-picked at a Bendigo hilltop site and fermented and lees-aged for 10 months in oak barrels. Light lemon/green, it is full-bodied, with fresh, ripe, peachy flavours, mealy notes adding complexity, balanced acidity and excellent depth and harmony. (14% alc/vol) \$36

Te Kano Central Otago Chardonnay

2020 ★★★★★

Hand-picked, barrel-fermented and matured on its yeast lees for nine months, this regional blend is mouthfilling and vibrantly fruity, with fresh acidity, very good intensity of peachy, citrusy flavours, oak-ageing complexity and a dry, lengthy finish. Already enjoyable, it should be at its best 2024+. (14% alc/vol) \$38 ■

WINE OF THE WEEK

Aitken’s Folly Riverbank Road

Central Otago Chardonnay 2019

★★★★★

Estate-grown at Wānaka and barrel-fermented, this youthful, vigorous wine is a distinctly cool-climate style of chardonnay. Fragrant, it is medium to full-bodied, with vibrant citrusy, peachy flavours, finely integrated oak adding complexity and a crisp, steely, lingering finish. Best drinking 2023+. (12.7% alc/vol) \$28

Human virtues

The values-based philosophy of the Stoics of ancient Greece has influenced many modern psychological therapies.

Athens is dotted with places to see really old stuff. There's many a fenced-off ruin with a plaque describing the ancient structure within. The Acropolis Museum is built over an ongoing excavation of ancient structures which you can see through glass sections of the first floor.

Among the places to visit is the Ancient Agora of Athens – a large area studded with ruins, some reconstructed, that served as a meeting place for citizens going about their daily business. My favourite part is the massive Stoa of Attalos. This is a giant, rectangular, two-storey building with pillars along one side and rooms along the other. The reconstructed stoa has been adapted to house the Museum of the Ancient Agora.

There are stoa in pretty much every place where ancient Greeks made a home. The Stoa of Attalos is

important for many reasons but, for the purpose of this column, it's notable as the place where students of the early school of Stoicism congregated. In fact, Stoicism took its name from the word stoa.

The people who brought you cognitive behavioural therapy explicitly acknowledge this lineage.

"Psychology", as my undergraduate philosophy professor Kim Sterelny told us, "is philosophy's bastard offspring", and I've

Enduring stoic: *Star Trek's* Mr Spock. Above, Zeno of Citium, the founder of Stoicism.

been struck by a recent upswing in psychological authorities talking about stoicism. One of them is Johannes Karl, a colleague who has been looking at how modern stoicism relates to wellbeing.

The term "stoicism" typically conjures up ideas that can be summarised by phrases such as "stiff upper lip" – the idea that being stoic means sucking it up.

Contemporary lay conceptions of stoicism have evolved to encompass the idea that we should endure, hide and not discuss the slings and arrows of our daily experience; that we should be unemotional types like Spock in *Star Trek*, and brush off the existential fear of knowing we're all going to die some day. But there's rather more to stoicism than this. Indeed, Karl's research shows that buying into this "misunderstood" stoicism predicts poorer wellbeing and happiness. In particular, having a stiff upper lip and an attitude of "sucking it up" predicted less hedonic and eudaemonic wellbeing – happiness experienced through pleasure and a sense of meaning and purpose.

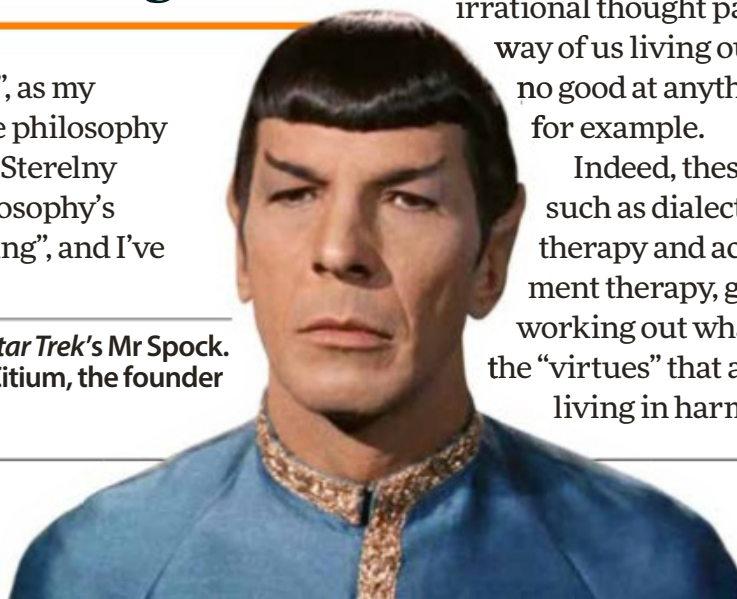
In fact, the early Stoics argued first and foremost that we should try to live in a manner consistent with our ideals, and not just any ideal but the virtues that define us as human beings. For the Stoics, we are defined by our social nature – we work best when we work together. We are certainly not the only social species, however – consider gorillas, dolphins or even bees. But what we definitely have over these primates, cetaceans and invertebrates is that we are rational and able to control ourselves (Twitter evidence to the contrary notwithstanding). For the Stoics, we should strive to be good human beings, and that means living up to our sociality and controlled rationality.

But, as with any good fairy tale, life is littered with distractions that can turn us from the path of virtue. Distractions such as people who aren't good for us, or obsessions with things we don't need, might look like they're what we require to be happy when in fact they mire us down and keep us from reaching our human potential.

Contemporary psychological therapies owe a considerable debt to the Stoics. The people who brought you rational emotive behavioural therapy, and its more recent counterpart, cognitive behavioural therapy, explicitly acknowledge this lineage. The "distractions" that mire us down are the

irrational thought patterns that get in the way of us living our lives to the full – "I'm no good at anything", or "I'm unlovable", for example.

Indeed, these therapies, and others such as dialectical behavioural therapy and acceptance and commitment therapy, give a lot of weight to working out what it is that we value and the "virtues" that are important to us, and living in harmony with them. ■





State of origin

Archaeology continues to turn up fossil evidence that humans may not have evolved only on Africa's savannahs.

Scientists have long supposed that early humans evolved on African savannahs. But that idea has become questionable.

The traditional theory suggests our chimp-like ancestors used their long arms and short legs to climb and swing through the African jungles. On the ground, they walked on all fours and on their knuckles. Between 200,000 and 300,000 years ago, the African climate dried out and many forested parts turned into open grassland, especially in east Africa.

As forests disappeared and apemen moved on to the savannahs, they underwent a suite of skeletal changes. They adapted to their new home by evolving longer legs and walking upright. Bipedalism allowed the earliest humans to see over the tall grass

in search of prey or predators. Longer legs enabled them to walk or run long distances and develop “adroit movements, swiftness and stealth” (to quote an early theorist). It freed up apemen’s arms and hands. They evolved longer opposable thumbs and shorter,

The physical evidence is misleading, as human remains are better fossilised in savannahs than they are in forests.

straighter fingers – all the better for throwing objects, clubbing prey (or each other) and for handling objects with dexterity.

About 200,000 years ago, their brains started to grow dramatically, and some 100,000 to 50,000 years ago, *Homo sapiens* developed the power of complex speech.

But many recent fossil discoveries call the savannah theory into question. A number of fossil apemen have been unearthed with human-like feet, and some of the

earliest upright fossils also appeared to be well-adapted to climbing trees.

Areas of forest once thought to be pristine and uninhabited are found to have once supported millions of people in dense settlements. For example, people who first arrived in Sri Lanka, about 45,000 years ago, did not settle on the coasts but headed directly inland to dense forests. There, fossil bones and artefacts show they lived in jungle caves and ate monkeys and giant squirrels, which they shot with bows and arrows.

In 2017, archaeologists discovered what is thought to be the earliest cave paintings yet discovered: three wild pigs painted deep in a limestone cave on the Indonesian island of Sulawesi some 45,000 years ago. The pictures are the earliest known examples of representational art.

There are 40,000-year-old cave paintings in Borneo that depict human figures, hand silhouettes, boats, geometric patterns and wild cattle, which survive to this day in the country’s interior.

The Amazon rainforest stretches over many countries, from Brazil to Peru, Colombia, Bolivia, Ecuador, French Guiana, Guyana, Suriname and Venezuela. In the north-west of the Colombian Amazon, at the remote site known as Serranía de la Lindosa, a 13km-long white cliff is marked with thousands of astonishing wall paintings that are more than 12,000 years old. The painters must have used ladders or scaffolds to reach high up on the cliffs. The detailed paintings depict many now-extinct animals such as giant sloths, mastodons, camelids, ice-age horses and hunting scenes. La Lindosa was declared a protected archaeological area in 2018.

Using aerial radar, a team of German scientists has just discovered a mind-blowing, large, densely populated urban settlement under the Bolivian jungle. Ground excavations show the settlement to be 1000 to 1700 years old, with pyramids up to 20m tall, as well as platforms, reservoirs and canals, all surrounded by many kilometres of elevated roads or causeways. There are many more ancient cave and rock-shelter paintings, hand prints and stencils in the South American rainforest, from the Andes to the Amazon basin.

Until recently, the savannah theory was plausible because most of the physical evidence pointed that way. But the physical evidence is misleading, as human remains are better fossilised in savannahs than they are in forests. In forests, human remains soon disintegrate in the acidic soil.

Migrating out of Africa, early people were probably opportunists. As hunter-gatherers, we lived wherever we could maintain ourselves, probably exploiting a mosaic of empty, patchy savannahs and jungles, woodlands and scrub lands, coasts or tiny islands. Humans were even butchering mammoths near the Siberian Arctic Circle some 45,000 years ago. Then we invented agriculture and started chopping and burning down the world’s forests. ■

GETTY IMAGES



Out of Africa: cave art at Serranía de la Lindosa.

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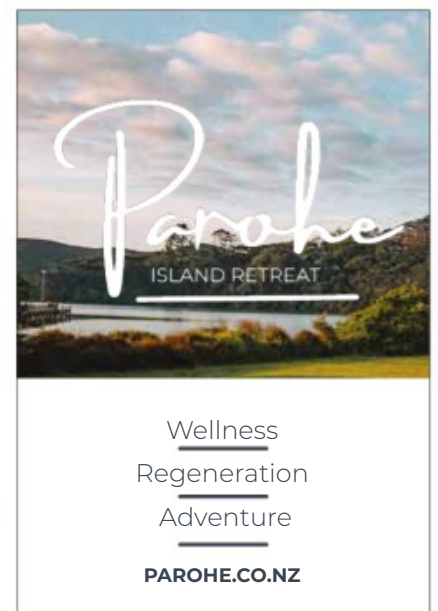
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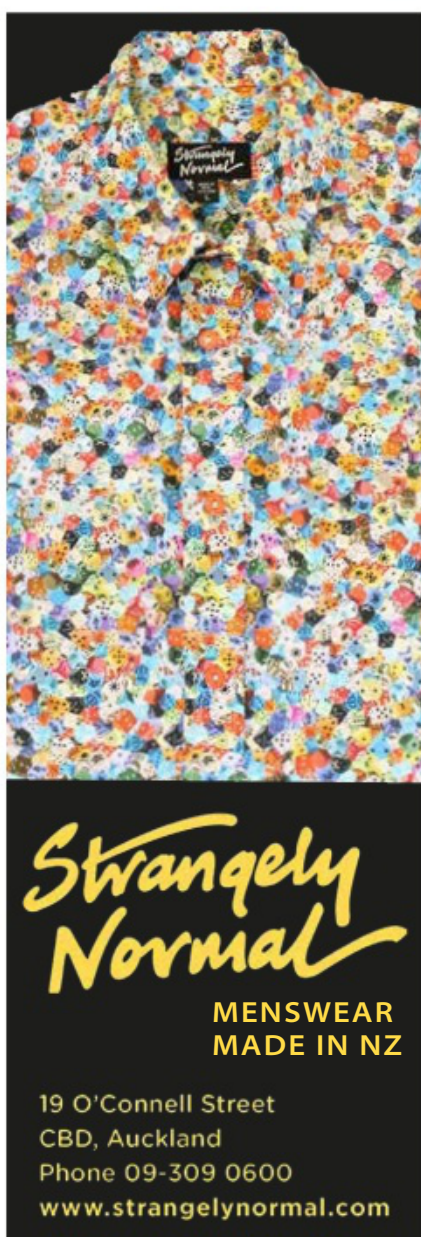
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Mind hunter

JP Pomare is about to release his latest thriller, his fifth in five years. He speaks to LINDA HERRICK about his rocky childhood, his obsession with psychology, the lack of violence in his books and why his new novel is set in the US.

As part of his job, New Zealand crime thriller writer JP Pomare spends a lot of time thinking about pathological behaviour, trying to figure out why people do bad things. And, on the phone from his home in Melbourne, Pomare is also on the job, chatting about his new book, *The Wrong Woman*.

With his two-year-old daughter, Blake, burbling away in the background, Pomare is warm and generous with his time, which, in terms of work commitments, is already pinned down until 2024.

His fifth novel in as many years, *The Wrong Woman* confirms his growing confidence as a writer, combining psychological acuity and interesting characters with a slick, unpredictable narrative.

Before he got into crime, Pomare, who was born Josh, used to write what he called “shitty literary stories”, emulating “the dead white men” he’d been reading, like Kurt Vonnegut and Samuel Beckett.

But he realised he might be able to build a bigger readership by crafting less pretentious “genre fiction” – in his case, loose interpretations of the thriller.

Until now, his books have been set in Australia or New Zealand. But *The Wrong Woman* moves the action to a small college town in the US, in which an old-school private investigator accidentally stumbles across an online “dating” website that matches rich older men with very young working-class girls.

“It’s an American story – how the police operate, the presence of guns and opioids, very privileged wealthy men, the power imbalance,” he says. “I spent a great deal of time reading books with a strong sense of setting, and watching TV shows like *Mare of Easttown*, really brilliant crime. I read

Megan Abbott, Jennifer Egan’s *Manhattan Beach*, a lot of Stephen King’s older stuff, all with a strong sense of middle America.”

Pomare generally avoids portraying overt violence, unlike many of his peers. “Sometimes I do wonder about the sensationalism of violence, which sort of becomes the story, the thrill for certain readers,” he says. “But I don’t know if I want those readers. I like the Hitchcock thing, where the most horrible things

“I like the Hitchcock thing, where the most horrible things could happen, but you draw the reader’s attention somewhere else.”

could happen, but you draw the reader’s attention to something else.”

At 33, Pomare seems young to have such a prodigious output, although, as he points out, “It’s one of the only industries where you still qualify as young at my age.” Pomare’s first book, *Call Me Evie*, set the Australasian publishing scene abuzz. Here was an exciting new “New Zealand writer” – and a Māori crime writer to boot. But he doesn’t fit an exact mould. Yes, Pomare is a “New Zealand writer”, who grew up on a farm near Rotorua run by his horse-breeder dad, Bill Pomare (now aged 73), a colourful character in racing circles who ran a horse, Ocean Billy, in last year’s Melbourne Cup. Bill has also given his son shares in one of his horses, which Pomare senior named *Call Me Evie*, a sign of his parental pride.

JP Pomare hasn’t lived here for years, basing himself in Melbourne on and off since 2007. He met his wife, Paige, there and they married six years ago.

The Pomare whānau is Ngāpuhi, from Poutō on the Kaipara Harbour in Northland. “I don’t speak much te reo, which is something I’ve always felt some regret about,” he says. “When you become an adult, you always look back at the missed opportunities from school to learn music or languages. It’s much more difficult when you are working and raising a family, particularly in another country.

“I don’t feel a deep connection with my whakapapa up north. I’d like to get up there and take my daughter soon. I see my kuia [grandmother] every few years. She and my koro, who passed over a decade ago, were my closest connection to my kaumātua and the iwi.”

In marketing terms, Pomare’s “territories” include Britain, the US and – interestingly – South Korea, but he’s had a faithful following on both sides of the Tasman from the start.

Call Me Evie collected the 2019 Ngaio Marsh Award for Best First Novel, and his third book, *Tell Me Lies*, was shortlisted for last year’s Ngaio Marsh and Australia’s Ned Kelly Award. *The Last Guests*, his 2021 novel set in the Rotorua region, is longlisted for this year’s Ngaio Marsh Awards, with the finalists announced in August.

To his great satisfaction, Pomare dumped his “mind-numbing” job – working for his brother’s marketing company – as soon as he started on

JP Pomare: “I don’t speak much te reo, which is something I’ve always felt some regret about.”



the first book. “My publisher [Hachette] was excited enough to give me a decent advance, and since then has been really supportive. I’ve had a good run here and in other territories, so I haven’t needed to worry about it.”

That Pomare has been able to sharpen his focus on writing seems remarkable now, given his childhood, which had some very rough patches. He was the youngest of four children born to Bill Pomare and his second wife, Pauline, a nurse. Pauline’s death of ovarian cancer when JP was 10, with two older brothers and a sister, hit

came back together as whānau.

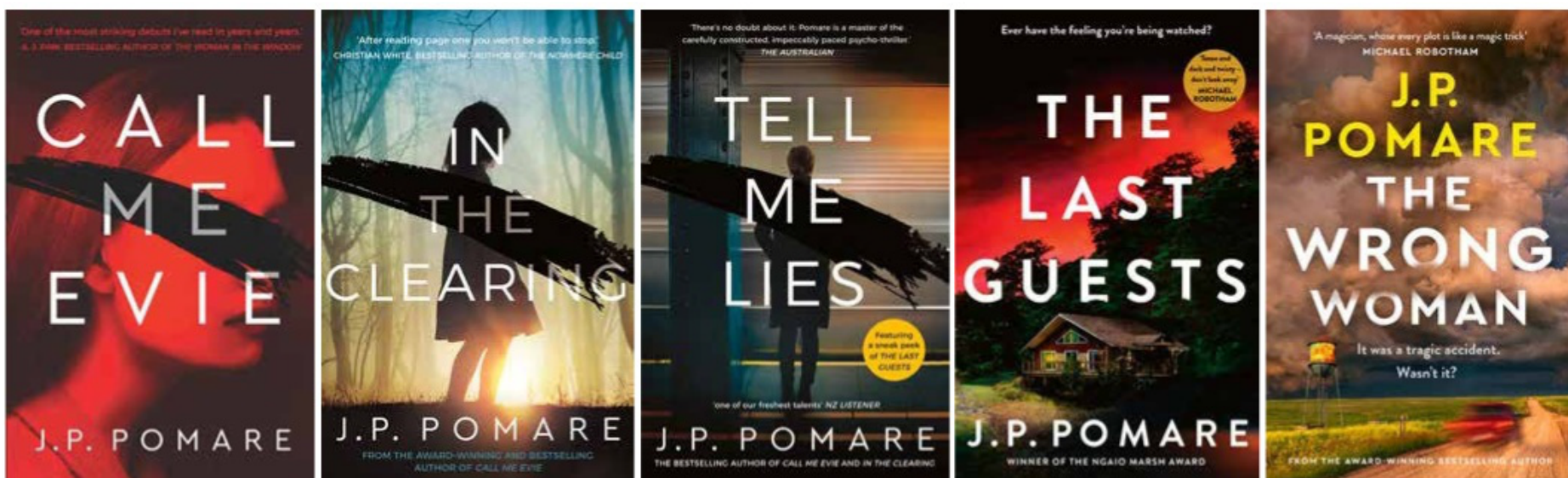
“I wasn’t a super-bad kid,” he adds. “I was distracted and kind of overexcited, I had insomnia. At high school, you can get anxious. Navigating high school was one thing; throw in every other element and it was a cocktail for disaster.”

After leaving home, Pomare kept attending Western Heights High School, living with a friend whose mother – Sue Werry – was a teacher. “She really helped me get on track.”

Pomare had already developed what he calls “a passion for stories and, more

at Rotorua’s Waiariki Institute creative-writing programme set him on a path of intensive reading, tentative writing and creating a podcast, *On Writing*, where he quizzed authors on their motivation and methods.

Pomare’s hunger for information underpins his decision-making, including his diet. He’s pescatarian, avoiding meat but occasionally eating a limited range of fish. “Growing up on the farm has a lot to do with it,” he says. “One of the things I often think about is my diet,



the whole family hard.

“It was an unusual time, and before that, too,” says Pomare. “That presented a whole lot of challenges for everyone, not just Dad but all the kids. I think we are all still deeply affected by that. Everyone is obviously a product of their history, but I think we were particularly shaken by it.

“It wasn’t sudden – there were about three years when Mum was deeply unwell and the cancer kept coming. So then there were four kids, and it fell to Dad.”

When Bill formed a new relationship with a woman who moved in with her own child, there was an outbreak of hostilities.

“Oh yeah,” says Pomare. “My sister was 12, and my brothers were 14 and 15. I guess a lot of our pain and frustration, we put it on her in many ways. We are fine with her now, but we had a big falling out.”

Bill Pomare, who was kicked out of his adoptive home when he was 15, unwittingly established an unwelcome precedent. Pomare laughs. “Dad was kicked out, my eldest brother, Kent, was kicked out and I was kicked out when I was 15. So from the outside, it would have looked like the wheels were really falling off, but I relished the independence and the freedom. There was a period when we all hated each other, but years later, we all

“I want to understand my own biases and reasons for the way I think.”

broadly, the idea of narrative, seeking the causes and effects of the world around me”.

“I also had an obsession with psychology. I remember, when I was still living at home, as a teenager going into Rotorua Public Library and searching out a couple of random psychology books. I was so interested in it. When I met Paige, she thought I was the strangest person because she’d get in my car and a psychology text book would be on the player. I was interested in group psychology and behavioural economics. I guess I want to understand my own biases and reasons for the way I think.”

Aged 18, after a brief interlude at Victoria University of Wellington studying law, Pomare entered a restless period of travel and dreary jobs, including a bakery, where he subsisted on bread, and a menswear shop.

But a year of correspondence study

and for me it began as a moral imperative – the best thing for the planet.

“Personally, I don’t feel comfortable about killing animals to eat them. When we were kids, we would watch the lambs being slaughtered. They had names. We used to have a Lamb, Calf and Kid Day at primary school and you’d bring your pet lambs, you’d do “leading” and all sorts of things to show them off. Six months later, you’d eat them. Those memories were formative.”

As for the future, “I’m growing more and more interested in helping Bipoc [black, indigenous and people of colour] and First Nations writers enter the industry, or at least develop and learn,” he says. “Particularly those who want to enter a more commercial space but feel pushed towards literary fiction.”

And then there is his father, a man of so many stories. “I think there’s an inevitability that I will write Dad’s biography at some stage,” he says. “There are the legal obligations, with my contracts, but then there is every other form of narrative I can pursue. It’s quite exciting. Technically, I am young.” ■

THE WRONG WOMAN, by JP Pomare (Hachette, \$36.99) is out now.

Oceans of optimism

A hopeful narrative about the rewilding of our oceans takes aim at destructive fishing practices.

by VERONIKA MEDUNA

REWILDING THE SEA, by Charles Clover (Witness Books, \$40) is out in paperback next week.

If we allowed great whales to recover to pre-whaling numbers, they alone could strip as much carbon from the atmosphere as some of the highest-polluting nations release into it – simply by fertilising the ocean’s algal gardens with their iron-rich poo.

This is just one example journalist-turned-campaigner Charles Clover uses to call for the urgent rewilding of the world’s oceans. Biodiversity and climate are utterly intertwined in the ocean, he writes, and we are too myopic to recognise the multitude of crucial ecological services the marine realm provides. For those more accustomed to economic arguments, he adds that even the International Monetary Fund puts a US\$2 million value on a single great whale, based on its contribution to carbon capture – a price comparable to a thousand trees.

Published nearly two decades after Clover’s first book, *The End of the Line*, which highlighted the indiscriminate over-exploitation of fish stocks at the expense of ecosystems and local coastal fishing communities, his new work is more hopeful. It traces the author’s own journey from despair to hope after co-funding the UK-based foundation Blue and becoming involved in restoration projects along the coasts of Britain and its international territories.

The opening chapter takes readers to the islands of St Kilda, off the west coast of Scotland, where bluefin tuna once again roam in large shoals after being virtually absent for a century. Like the return

of wolves to Yellowstone National Park, the re-emergence of these glistening top predators is restoring the function of the entire marine ecosystem, bringing back rare petrels and northern skua to join in on the feast. Clover credits the ecological turnaround to local political decisions that reined in overfishing and illegal fishing – both of the tuna itself and its smaller prey – just in time before bluefins slid too close to local extinction.

Another chapter travels to the Solent, the channel that separates the coast of Hampshire from the Isle of Wight, to highlight the restoration of native oyster beds. With each oyster capable of filtering up to 140 litres of water a day and hundreds of other species associated with an oyster reef, Clover argues that the ecological value of this keystone species far exceeds the economics of its extraction.

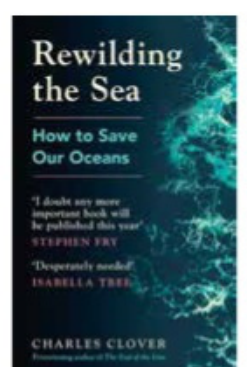
All examples are within British waters, including vast marine protected areas around its colonial island territories in the Indian Ocean, but there is a nice New Zealand connection when Clover acknowledges the work of Bill Ballantine, the late ocean-conservation pioneer who fought to create the world’s first no-take marine reserve at Leigh, north of Auckland, and was a strong proponent of ecosystem thinking – as opposed to many conservation efforts on land, which focus on fragmented species rather than habitats.

Throughout the book, Clover acknowledges the many challenges the ocean faces, but he keeps coming back to

Charles Clover: acknowledges the many challenges the ocean faces.

industrial-scale fishing, and the particularly destructive trawling and dredging, as the greatest, but also most solvable, problem. He devotes an entire chapter to the commercial fisheries of a few nations – the “forces of de-wilding” including China, Russia, the US and EU – with their heavily subsidised fleets fishing either in the global commons of the high seas or in other nations’ coastal waters. It’s an all too common story of long-term futures sacrificed for short-term profits, which leaves 94% of wild fish stocks either fully plundered or overexploited.

But Clover manages to hold on to a hopeful narrative throughout, not least by profiling the many individuals – often rugged fishermen themselves – who succeed in decades-long David v Goliath battles to protect coastal seas to improve ecosystems and livelihoods for local fishers. The author may be on to a hopeful trend, with a recent ban on bottom trawling on Dogger Bank, a sunken landmass in the North Sea that once connected Britain and mainland Europe, and the World Trade Organisation finally securing a deal to curb harmful fisheries subsidies, after two decades of failed negotiations. ■





Out of this world

Under no illusions

Angry satire, self-examination and eco-lyricism in new poetry collections.

by NICHOLAS REID

OUT OF THE WAY WORLD, HERE COMES HUMANITY!, by Keith Hill
(Disjunct Books, \$25)

Keith Hill is a strong, angry, dyspeptic

satirist in the tradition of Juvenal and Swift. He even has a poem called “A Modest Proposal”. Hill shoots his angry barbs in many directions and subtitles this collection “Poems/Antipoems”. Among the “antipoems” is a 20-page diatribe, “Supercut: A season of Covid-19”, made up entirely of news clippings and opinion pieces from the press. This collage amounts to an alert and oddly invigorating account of how the pandemic played out. Irony, really heavy irony, is Hill’s most constant weapon. Addressing the problem of species becoming extinct, his poem “We Need to Stop Dithering” suggests we put these animals out of their misery by eating them and maybe storing their DNA for future use. You may guess what tone he strikes in dealing with imperfect democracy, Donald Trump, climate change, workers’ rights and the unequal distribution of wealth. Okay, it’s raucous and

ranty in places, but this collection is hard to put down. A great holiday from more polite and cryptic poetry.

EARTH & ELSEWHERE, by Ian Rockel
(Steele Roberts, \$30)

Ian Rockel’s collection is a very different proposition. The octogenarian poet deals with climate change and the degradation of the Earth in terms of deep history and mysticism. First he addresses how past generations dealt with weather and climate, often using medieval imagery. Then he moves to the present age where a “satellite views our neighbours as a furnace, / night skies in Sydney crackle with flames” and “the scream of gulls / tired of plastics, / throats in grotesque shapes / from objects tossed aside”. But in the last quarter of his text we are introduced to “Elsewhere”, apparently an idyllic alternative to Earth, though possibly just a dream. Rockel writes lean verse,

A young woman is forced into a space odyssey in a complex novel of indigenous futurism.

by JACK REMIEL COTTRELL

NA VIRO, by Gina Cole (Huia, \$35)

Na Viro is an ambitious book. A melding of Pasifika culture and space opera where the skies are something close to a mirror of the sea. At the same time, there are aliens, advanced sentient and all-knowing AIs, human cultures developing on other planets and a militaristic world order named the Academy that is calling the shots.

World building is tough. Far-future hard science fiction is hard. And the emerging genre of indigenous futurism has the double difficulty of explaining the world as it is when humanity has reached the stage of setting up a colony on Mars, along with explaining cultures that often the reader is unfamiliar with.

There's always a balance to strike in terms of how much to tell the reader and how much to leave them to work out for

Gina Cole: at the forefront of a new and particularly interesting genre.

themselves. That often means frequent holdups to explain every detail, or not having enough information to make sense of the world.

Na Viro is definitely on the lean side when it comes to exposition, which does get a touch frustrating at times, as a reader has to rely on the kinds of things they expect to see in science fiction rather than getting a solid grip on the world our characters are existing in.

The sisters were raised in a house that is anchored above the now-submerged island of Nauru.

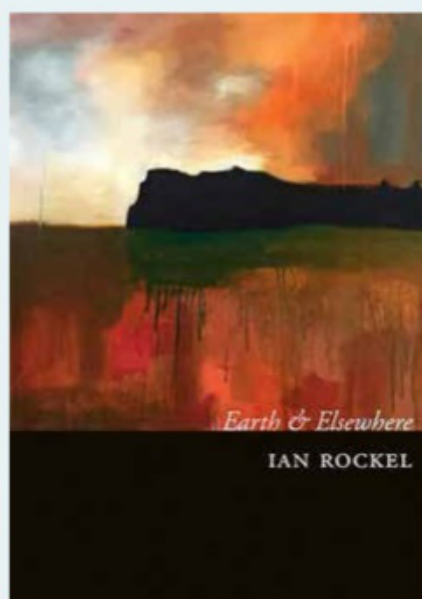
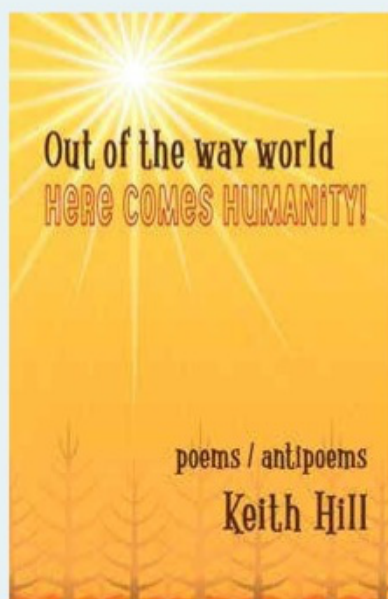
Our protagonist, Tia Grom-Eddy, and her sister, Leilani, were raised by their grandmother in a house that is anchored above the now-submerged island of Nauru. Their mother has journeyed off to be a space captain, and their father is part of a religious order on Mars. Despite this, Tia is uninterested in a role as a space navigator, preferring instead to work with a group navigating and mapping the seas. It is only when her sister is trapped in a whirlpool that has emerged in our galaxy that Tia ventures into space.

If there's a failing in the book, it may be that there's too much packed in there. This

leaves the story short of a single emotional centre and missing some much-needed explanation of things both futuristic and mundane.

It would be a pity if this meant *Na Viro*, at the forefront of a new and particularly interesting genre, ended up tucked out of sight because it's hard to figure out quite where to put it. The story itself – Tia saving her sister and struggling against her mother – feels like it should be in the young-adult genre, but there's probably a little too much by way of unfamiliar and unexplained elements for that. Fans of space opera and traditional hard science fiction may find there are a few too many liberties taken with time, tech and physics in the name of traditional storytelling. And readers interested in the new indigenous stories will need to have a solid enthusiasm for the hefty science-fiction aspects.

That is, of course, an issue with a lot of new genre fiction: where does it fit in with the rest of the writing galaxy? While *Na Viro* is probably one of the most difficult books to place, and is also something of a challenge to read, it is a worthy book for that alone. It is something new that can only come from here – from the Pacific in the here and now, and from the Pacific in the distant future. ■



with very short lines, making each poem stand like a column on the page. Though the subject matter is often presented in vague terms, there is much real lyricism here. Incidentally, the actor Ian Mune provides an introduction and four artworks illustrating this collection's moods.

THE TIP SHOP, by James Brown (Te Herenga Waka University Press, \$24.99)

James Brown occasionally writes erasure poems, “found” poems and other forms that can resemble writing-school exercises. Fortunately, they are very few in his latest collection. In *The Tip Shop*, the great

majority of poems are written emphatically in the first person, often leading to a fruitful examination of the self, as in “Mr Spencer”, a childhood memory about learning to see the world in a proper perspective. Or “Resilience on Checkout 7”, the almost stream-of-consciousness monologue of a supermarket employee, catching his personality in his actions and attitudes. Or “Space and Time”, a convincing reimagining of a chilly night and the sense of a lonely universe. There are dispiriting poems of disappointment and sour humour, but Brown is at his best with longer narrative poems concerned with action and experience, such as “The Great Employee”, “Trigger Warning” and the deadpan humour of “Oral History”, a very colloquial tale of a student trying to make it home via rail and hitch-hiking. In form and subject matter, this is a varied and substantial collection. ■

Tyranny of the gaze



A collection of short stories zeroes in on how women are seen.

by REBECCA STYLES

WATCHING WOMEN & GIRLS, by Danielle Pender (Fourth Estate, \$29.99)

The women in Danielle Pender's short story collection are reflected in mirrors, computer screens, glass, art or through the eyes of other women. In the opening story, Laura watches a couple sitting next to her in a restaurant and thinks the young woman is laughing too hard at the older man's mediocre jokes. But witnessing the scene throws Laura back into memories of her own relationship with an older man, whose initial sophistication revealed itself to be an inability to emotionally commit to anyone with "too much baggage". It's not until we get to the end of the collection that we encounter a self-assured woman. Maria is a confident 75-year-old artist frankly contemplating the art world, herself and her relationships, as her nude self-portrait sits proudly in a gallery.

Pender, born in Newcastle-Upon-Tyne and now living in London, is the founder of *Riposte*, a UK biannual publication for women. She did a master's degree in creative writing at Newcastle University, and *Watching Women & Girls* is her

debut story collection.

At times, the focus on image seems an obvious target of gender politics. In "Junction 64", Deborah is working at the counter of a roadside burger joint, but when she stops wearing make-up at work, her boss puts her on the grill, out of sight of customers. In the first two stories, the female characters either suck in their stomach, wear shapewear or worry about a "bra that caused exploratory fat to poke through the back section like sausage

These characters are preoccupied with image – with being an object and objectified.

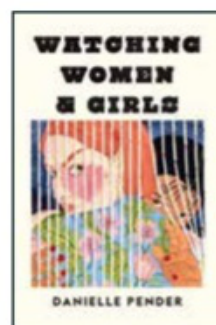
links". In "Three Sisters", a wedding is seen as the ultimate display of the construction of femininity and class.

The more successful stories in the collection subtly reference gender and class politics while getting to the emotional heart of the characters. In "Paper Dolls", Carmen goes back to her hometown to help her mum shift house. While there, she reflects on her friendship with Leanne – the pair met in high school and, while opposites, were completely accepting and connected to each other – and the time they went to a boxing match in a

Danielle Pender: convincing and at times humorous storytelling.

community hall. Carmen wore a shop-lifted dress that was too small and tight but caught the eye of the boys from school. Her skin "shimmered with bronzer that made her face two shades darker than her neck". The boxing match showed the violence of women towards each other, as well as that of men in the ring. It's another act of violence that tears the friendship apart and leaves Carmen untethered to female connections as an adult.

The stories feature women from many walks of life: mothers, a serial adulterer, a female advertising exec exploiting the ideas of a junior staffer, a dominatrix. The storytelling is convincing, painting contemporary society, mostly British, with clear and at times humorous prose. But the use of rhetorical questions in the narrative, overt politics and a switched point of view at the end of some stories wore a little thin. Perhaps my weariness with the politics comes with a disappointment that these (mainly) young characters are so preoccupied with image – with being an object and objectified. I wanted more characters who were aware of the social constructions of gender but looked away from it and defined themselves. ■





Soaring high

Engaging fiction debut is equally at home in Tokyo as in rural Aotearoa.

by ANGELIQUE KASMARA

KŌHINE, by Colleen Maria Lenihan (Huia, \$25)

Kōhine, the debut collection of interconnected short stories by Colleen Maria Lenihan, is a beguiling, stylish and heady mix of outsiders adrift in Tokyo; Japanese idol girls; week-long benders in Toronto, Thailand and Bali; rongoā healers; fractured romances; high-stakes poker games; matriarchs in rural Aotearoa; and the journey of a soul guided home by her ancestors. And that midnight-blue metallic cover is glorious.

Loss and grief are recurring themes. There's a line in the second story, "Cherry Blossom Girl" – "A pink plastic hair comb, a single, long, dark brown hair tangled in its teeth" – that devastates in its simple detail, so that when that same comb reappears much later in "Leaping-off Place I", the

flash of recognition caught in my throat.

The theme of outsider-by-choice also runs throughout: "If the world is a book, why would I only read the first page?"

The "foreigner finding themselves in Asia" concept, popularised by films and books such as *The Beach*, *Lost in Translation* and *Eat Pray Love*, so often reduces inhabitants and places to just another exotic backdrop to their first-world problems. *Kōhine*, however, is smarter than this. The author lived in Japan for 15 years, so brings a more complex perspective to the table. Several of the stories were drawn from her own experiences, as well as those of people close to her. She adroitly leaps between characters – from a male Japanese piano teacher to a young Māori girl uprooted from rural New Zealand to Tokyo – and presents points of view as diverse as a group of party people or a murder of crows.

Although some of the stories are far stronger than others, the skilful intertwining between the non-linear narratives creates a robust scaffolding, especially through recurring characters such as Maia, a Māori New Zealander living in Tokyo. All her complexities and contradictions add depth and narrative drive. They serve to bind different threads and

themes together as she deals with the pain of loss, navigating work and relationships, and the adjustments she inevitably has to make whenever she returns to Aotearoa.

Sex and power dynamics within relationships and at work are explored in several stories, and there are comical moments also to be found. "Just Holden Together" involves a huge bag of weed sitting unnoticed in a backyard. And in the very short story "Sista", we're presented with the cheery point of view of Jase, who has just gone and "kicked the bucket ... bit fkn sudden". He uses his unique perspective as a departed spirit to impart advice such as, "If I was you, I'd just walk around in my undies, lol."

Another story with much wry humour is "Directions", which is told through the eyes of crows living in Tokyo. It's the perfect bridge between the heartbreak of the powerful and vivid "Leaping-off Place I" and "Leaping-off Place II". The crows give directions to a lost soul as she works out how to take flight. She soon figures it out. "Brace yourself as an invisible cord of braided flax unfurls from your solar plexus and draws you west, towards Rā, dissolving ever so slowly into the sea like a drop of honey." The ascendance she achieves is captured beautifully in these sentences, as the reader soars alongside her. ■



Colleen Maria Lenihan: adroit examiner of loss and grief.



GETTY IMAGES



Revisionist trap

The West's obsession with atoning for past sins gives cover to human rights abusers and authoritarian regimes, a British author argues.

ANI O'BRIEN

THE WAR ON THE WEST: How to prevail in the age of unreason, by Douglas Murray (HarperCollins, \$39.99)

What he calls “the war on the West”, Douglas Murray says, could perhaps be more accurately described as the self-destruction, or even the slow and systematic suicide, of the West.

The War on the West, like the earlier books from the British author and political commentator, *The Strange Death of Europe* and *The Madness of Crowds*, breaks many of the new cultural and political rules of what one should and should not say in “polite society” in the West in the 21st century. It pushes back on “truths”

that cultural and political elites have to a large degree deemed beyond examination or criticism – for example, that racism cannot be perpetrated against white people, or the West is unique in its history of slavery and this has imbued it with an original sin that cannot be atoned for.

Murray says there is nowhere more progressive, at any time in history, than the West today; there is no better set of societies to live in as a member of a minority group of any kind. He is not reluctant to acknowledge the tragedies and travesties of the past, but rejects appraisals of the current West – by many in the elites – as an irredeemably evil, racist and oppressive place.

And, he says, our self-obsessed

perpetual self-flagellation is providing cover for human rights abusers and malignant regimes in other parts of the world.

He gives the example of a speech the US ambassador to the United Nations, Linda Thomas-Greenfield, made to the global organisation not long after President Joe Biden took office.

Thomas-Greenfield delivered a lengthy confession on the racism that she said the US was riddled with. It was an emphatic condemnation of her own people and country. She then turned her criticism on China and its human rights abuses against Muslim minority populations. But China wasn't having a bar of it. In a fierce rebuke, its ambassador declared that China would



Toppled hero: a downed statue of US President Theodore Roosevelt in Portland, Oregon. Below, Douglas Murray.

has been taken and even deliberate lies weaponised in this process, he says. As examples he cites fabricated quotes attributed to Cecil Rhodes – the South African who held much-debated views on race yet explicitly demanded that people of all ethnicities be eligible for his famous scholarship – by activists seeking to have his memory erased, and the disingenuous smearing of the reputation of Britain’s great wartime leader Winston Churchill.

This, he says, is a deliberate ploy to leave the West without heroes and lacking a set of values and principles that can be seen as foundational to its nations – democratic societies now in active retreat. Murray

The selective singling out of people or moments in time without providing context is a key feature.

points out that while every transgression, perceived or real, of Western heroes is picked over, figures who have famously condemned the West do not receive the same treatment. Karl Marx, for example, remains a hero even though his own racist comments have long been in plain sight. There has been no attempt, at least to date, to cancel Marx, despite his belief in the supremacy of white people.

The selective singling out of people or moments in time without providing appropriate context is a key feature of this destructive behaviour rather than a bug, in Murray’s view.

He notes that although in the West we thankfully have come to view slavery as an evil and immoral practice, the trans-Atlantic slave trade was at the time symptomatic of a world that did not think that way. And crucially, it was far from the only example of slavery in our global history.

In fact, the reason we know so much about the horrors of the slave trade is because the West

has been so thorough in its collective atonement. He points to the longer-lasting – largely unacknowledged and unatoned – trade of slaves from Africa to the Middle East, and the practice of castrating male slaves to ensure they could not populate the lands they had been forcibly displaced to.

Slavery, Murray says, was practised by virtually every society historically, whether in tribal warfare, mass displacement of populations or intra-societal indentured servitude.

However, he argues, it is only the British who have demonstrated the most meaningful attempt to put things right. Following the outlawing of slavery in the British Empire, the British spent centuries policing the seas to prevent slavery and unprecedented sums of Crown money.

But countervailing nuance such as this is dead in 2022, says Murray. To acknowledge that the slave trade was abhorrent but criticise the disingenuous weaponising of its history is often seen as just as bad as actually saying the slave trade was a good idea.

Unsurprisingly, *The War on the West* has attracted accusations of racism, which Murray might say proves his point. It’s arguable that the book is tailored more to an American audience and with that comes a tendency to blanket the entire West with the problems and peculiarities of US culture.

Murray’s calls for nuance also aren’t without a sliver of hypocrisy. In regard to “cancelling” historical figures, he hardly entertains the idea that there may be times when a society or community might rightly want to consign a genuinely objectionable individual to the history books. Not all criticism of “great men” is disingenuous or false.

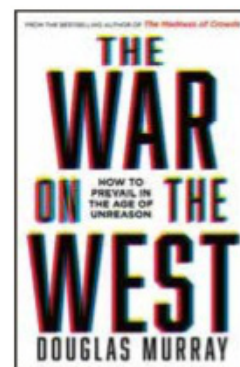
The War on the West is deliberately provocative. But at the heart of Murray’s polemic is a methodical takedown of some of the most pernicious narratives plaguing Western societies.

Most convincing is his central argument that if the West doesn’t stop attacking itself, it will not only dismantle many of the great things that it has built but abdicate the role of global leadership to authoritarian regimes which have no qualms about trampling over human rights. ■

not listen to America as, after all, hadn’t it just confessed to being the home of a systemically racist society? How dare the US comment on the human rights record of any other nation when it is such a failure itself?

Murray sees this as a cynical strategy of the Chinese government, which is unlikely to care about Western racism except as a stick to beat the West with.

And China is not alone in taking advantage of Western self-harm, Murray argues. He charts, for example, the rise of toppling statues and “cancelling” historical figures of importance due to their supposed connections to the trans-Atlantic slave trade. Creative licence



GETTY IMAGES

**STAT
OF THE
WEEK**

Stats NZ
Tatauranga Aotearoa

**Total value of telescopes
and monoculars imported
in May 2022:**

\$632,716

Learn more at stats.govt.nz

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BRIDGE by David Bird

NORTH
♠ Q J 10 9
♥ J 8
♦ A K 10 4
♣ A Q 3

WEST
♠ 8 6
♥ A Q 10 6 5 4
♦ J 9 7
♣ 8 4

EAST
♠ 7 5
♥ K 9 3 2
♦ Q 3
♣ K J 9 7 5

SOUTH
♠ A K 4 3 2
♥ 7
♦ 8 6 5 2
♣ 10 6 2

Love all, dealer West

West	North	East	South
2H	Dble	3H	3S
Pass	4S	All Pass	

Suppose East had passed instead of bidding 3H. If you are playing the Lebensohl convention in response to a double of a weak-two (where 2NT is artificial and requests the doubler to rebid 3C on most hands), you would have three ways of bidding spades. You could show a weak hand with 2S. You could indicate invitational values by bidding 2NT and then 3S. Finally,

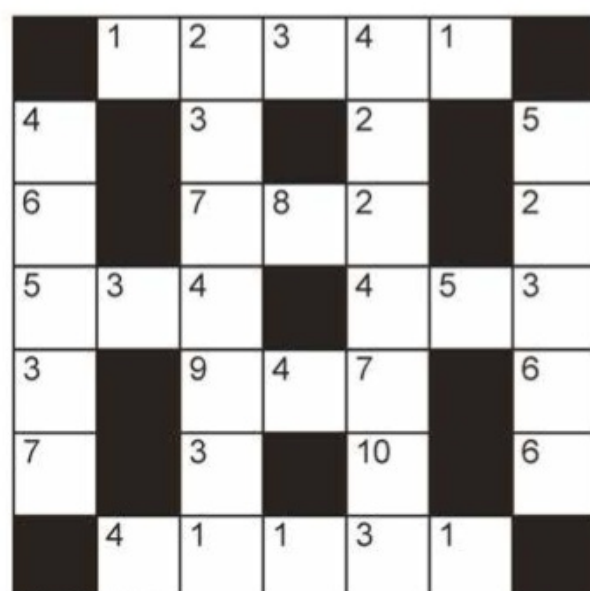
you could make a forcing bid in spades by jumping to 3S directly. Here you would have been worth the middle course. So much for bidding theory. How will you play 4S when West leads the eight of clubs? You play low in the dummy and East wins with the jack of clubs. He plays a heart to West's ace and back comes another club. What now? You win with the ace of clubs and draw trumps in two rounds. From what you have seen, West began with 2-6-3-2 shape. There is no need to take a deep finesse of the 10 of diamonds because you have a certain end-play on West when he has the shape that you imagine. Instead, you ruff dummy's last heart, eliminating that suit, and continue with ace, king and another diamond. West wins the third round with the jack and has only hearts left in his hand. When he plays a heart, you ruff in the dummy and discard the last club from your hand. The remaining tricks are yours and the game is made.

BIDDING QUIZ

WEST	West	North	East	South
♠ J 9 6 2	—	—	1H	2D
♥ K 6 4	?			
♦ 10 9				
♣ Q 8 4 3				

What will you say on this West hand?
(Answer on page 58.)

TAKE 5 by Simon Shuker



No.1423

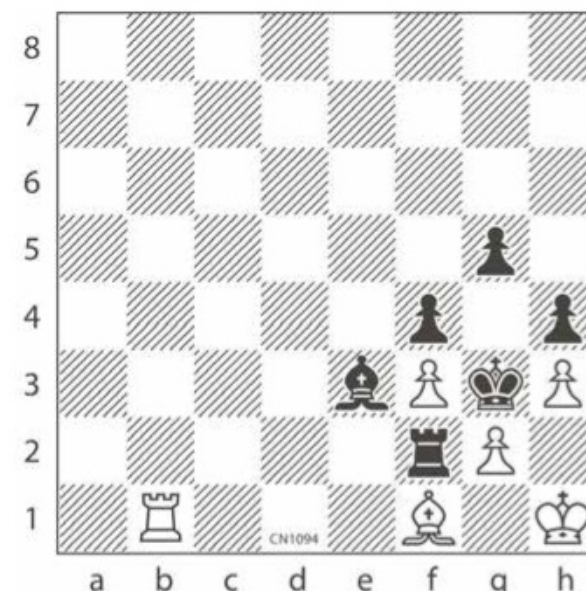
Enter the letter
given, then solve.

1 = D

Solution 1422



BARDEN'S CHESS PROBLEMS



Hrvoje Stević v Daniele Vocaturo, European Club Cup, Antalya, 2017

The white army is huddled in the bottom right-hand corner, but material is still level and there is no obvious plan for Black (to play). How did Italian grandmaster Daniele Vocaturo force a rapid victory over his Croatian opponent?
(Answer on page 58.)

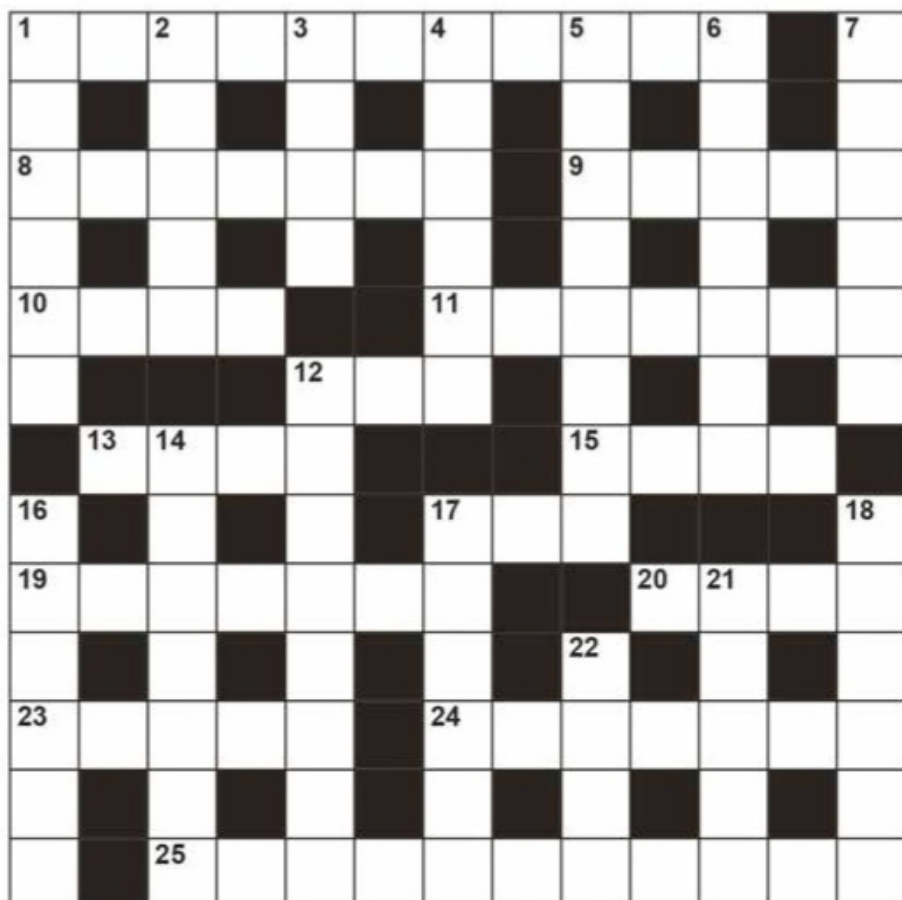
Puzzle No 1659

Clues across

- 1/8. Later adapted into a stage musical, which 1961 film starring Hayley Mills is based on the novel by her mother Mary Hayley Bell? (7,4,3,4)
9. What is a deep narrow ravine, typically with a river? (5)
10. What is a shoemaker's model for shaping or repairing footwear? (4)
11. In 2017, which Dick apologised for his "Cockney" accent in 1964's *Mary Poppins*, explaining he had only one hour of training from an Irish-born accent coach? (3,4)
12. Sclera is part of which body organ? (3)
13. Which Chinese dynasty lasted longest? (4)
15. What is the capital of Fiji? (4)
17. What animal is a Maine Coon? (3)
19. What is the northernmost province of South Africa? (7)
20. Apollo 11 astronaut Michael Collins died in Naples, Florida, in 2021. In which city was he born, in 1930? (4)
23. What is a secure room in a bank? (5)
24. What is software designed to cause disruption to a computer? (7)
25. Where is hometown for television family *The Simpsons*? (11)

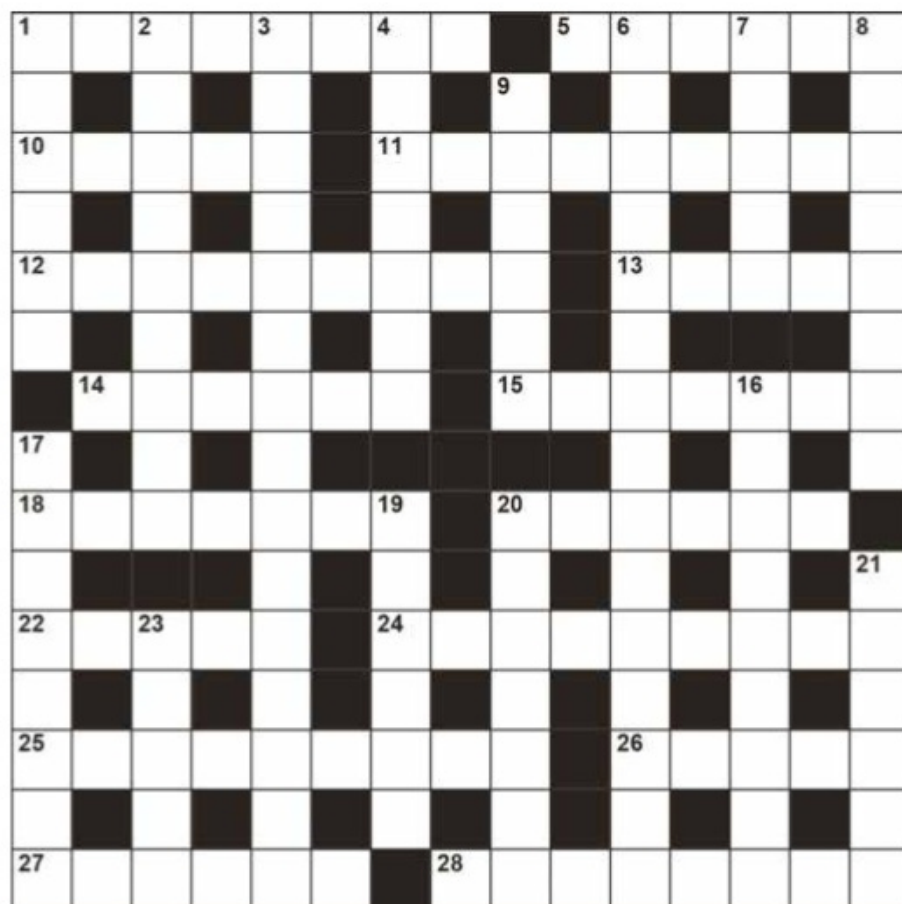
Clues down

1. What fleshy fold of skin hangs from the throat of a turkey? (6)
2. Aides and aside are anagrams of what? (5)
3. What word can precede light, board, bone? (4)
4. What plant with crisp bitter leaves can be cooked or eaten raw in salads? (6)
5. Nobel Prize laureate Albert Schweitzer was an accomplished what, performing publicly from age nine? (8)
6. Which Rudolf played Rudolph Valentino in the 1977 film *Valentino*? (7)
7. What country was home to Anders Celsius, inventor of a temperature scale? (6)
12. Which train is hijacked in the 2021 film *SAS: Red Notice*? (8)
14. What traditional striped sweets have been around since the 1820s? (7)
- 16/17. Who plays Detective Sergeant Ellie Miller in television's *Broadchurch*? (6,6)
18. In 2014, which John's song *All of Me* knocked Pharrell Williams' *Happy* off the top of the US chart? (6)
21. What was the world's busiest airport from 1962 to 1998? (5)
22. What is the symbol at the beginning of a musical staff? (4)



Solution 1658 Across: 1 Ice cream, 7 Suite, 8 Artie Shaw, 9 DDT, 10 Iraq, 11 Anglia, 13 Heyday, 14 London, 17 Purple, 18 Rung, 20 Sly, 22 Max Factor, 23 Alone, 24 Anaconda. **Down:** 1 Imari, 2 Estuary, 3 Reel, 4 Athens, 5 *Gilda*, 6 Best man, 7 Swallow, 12 Macramé, 13 Hot seat, 15 Doulton, 16 Blixen, 17 Pylon, 19 Garda, 21 Marc.

Puzzle No 1291



Clues across

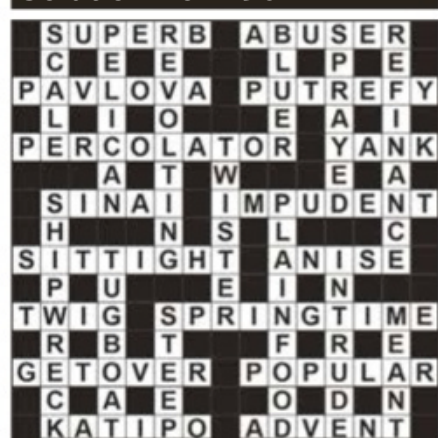
1. Is it possible for love to exist without kiss for a paddler? (8)
5. Engage chump oddly with some tableware (6)
10. Frenzied chap in charge (5)
11. Oh, you might say, not any planted solo (2,4,3)
12. Cautious with temporary accommodation offered by topless aboriginal (9)
13. What the physician does with delicacy if you like it (5)
14. Contenders go viral somehow before head of state (6)
15. Wild cheers about masculine éminence grise (7)
18. Her way, I suspect, is daft (7)
20. Take care of a non-drinker before closing (6)
22. Troop leader and I give a hiding to a giant (5)
24. Forecast gold to be found in scoop he sloppily wrote (9)
25. Fred Astaire's role sometimes as he cut a rug and carpet unravelled (3,6)
26. Foreign legation in disturbance got letters removed (5)

27. A kererū disheartened by English leader coming back with a cry of discovery (6)
28. Shaken and stirred? (8)

Clues down

1. Revive a transient heavenly body with love (4,2)
2. An undistinguished person, ninety not out (9)
3. Mother in dodgy income tax lark! Shock registered here! (11,4)
4. Articles one put in reserves (7)
6. Man-eater at sea makes her weak straight off (5,5,5)
7. Gag having cocaine laced with heroin (5)
8. Wordplay could start true madness in flat (8)
9. Have soles replaced after the beginning of November as a minimum (2,4)
16. Second non-governmental organisation overturned arrest of Asian national (9)
17. We, embracing popular success, connect in formal outfit (5,3)
19. New sect embraces greeting as moral philosophy (6)
20. A bent wire taking credit for some Qantas employees (7)
21. Poetised in confinement (6)
23. A stout beast appears in Gaza Strip at uprising (5)

Solution No 1290



CROSSWORD CORRECTIONS

Last week's Puzzle No 1290 had two mistakes in the clues: "Palace" in 9 across should have been "Place". The enumeration in 23 across should have been (3,4), not (7). We apologise for the errors and any confusion caused.

	2					5		
	8			7		2		
	7	4			3			
				6				1
1			2		9			6
2				5				
			8			9	3	
		9		1			8	
		3					4	

MEDIUM

3	1	9	2	5	7	8	4	6
5	7	6	4	8	3	9	2	1
4	8	2	1	9	6	3	5	7
9	5	1	6	4	8	7	3	2
2	4	7	3	1	5	6	8	9
6	3	8	9	7	2	5	1	4
7	9	3	5	2	1	4	6	8
1	6	4	8	3	9	2	7	5
8	2	5	7	6	4	1	9	3

				2				5
	2	4		3				6
	5				6	3		
	6				7	5		
		8	6				1	
		2	9				5	
8				4		2	7	
3				1				

HARD

1	4	5	9	7	3	2	8	6
9	2	3	8	4	6	1	5	7
8	6	7	5	2	1	4	3	9
3	9	1	4	6	5	8	7	2
4	8	2	1	9	7	5	6	3
7	5	6	2	3	8	9	4	1
5	3	8	6	1	2	7	9	4
2	7	9	3	5	4	6	1	8
6	1	4	7	8	9	3	2	5

KAKURO 810

	14	16			6	23				20	10	
11				12					10			
12			20			37			8			
	10				35							
3				4								
19					23					21	8	
6			12					19				
			26					28				
	20	5			22							
18		6			29							
						34						
29						13		16				
						4				32	14	
7				15						12		
			12							10		
	24					32						
19	10					12						
37								10				
						4						
10				14						9		
3					10					15		

1. Place a number from 1 to 9 in each empty box.
2. The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
3. Numbers may be used only once in each block.

LAST WEEK'S SOLUTION

9	7				3	1		9	6	8
8	5	1		9	7	8		7	3	4
5	4	3	1	6	2		8	3	1	
		9	3	8	1	2	4		2	1
2	1	7			5	1		4	7	5
4	3	8	1	5	9	7		2	4	3
			3	7		3	5			
5	1	2		2	5	4	6	3	1	8
8	2	9		1	4			2	5	9
9	4		7	3	8	6	9	5		
	8	6	9		6	1	7	4	5	8
8	9	3		8	9	3		1	4	6
2	3	1		2	7				6	9

You should raise to 2H, even if you are playing a system where the opening bid promises no more than four hearts. Decades ago a “free bid” (in other words, one made when partner would anyway get another chance to bid) was taken to show sound values. This never made much sense and it is important to show trump support in case partner can then compete further.

Awards: 2H – 10, Dble (negative) – 6, Pass – 4.

Awards: 2H – 10, Dble (negative) – 6, Pass – 4.

1...g4! 2 fxg4 (2 hxg4 h3! is similar) f3! 3 Re1
(if 3 gxg3 Rh2 mate) Rxf1+! 4 Rxf1 fxg2 mate.

1. Price tags were invented to eliminate the practice of customers haggling with shop clerks, which had been the norm.
2. Great Dane.
3. Waterlily.
4. Cecil Chubb purchased Stonehenge "on a whim" for £6600. It was donated to the government in 1918.
5. Wolfsburg.
6. Julie Kavner.
7. *The Soldier*, by Rupert Brooke.
8. *Forrest Gump*.
9. Coyotes are much faster than roadrunners.
10. Kwench.

LOGIC PUZZLE SET TO GO

Four chess-shop customers purchase a differently themed chess set for a different price:

1. The Civil War set costs \$50 less than the French Revolution set.
2. The Medieval set costs more than the set that Hans purchases.
3. Regarding the French Revolution set and the Star Wars set, one costs \$793 and Ariel buys the other.
4. Either Ariel or Oswald buys the \$843 set.
5. The set Hans buys costs \$50 less than the one Ariel buys.

Using these clues and the grid below, can you work out the cost of each set and who buys it?

		BUYER				THEME			
		Ariel	Hans	Maddy	Oswald	Civil War	French Revolution	Medieval	Star Wars
PRICE									
THEME	Civil War								
	French Revolution								
	Medieval								
	Star Wars								

You may write your answers in this grid:

BUYER	THEME	PRICE
Ariel		
Hans		
Maddy		
Oswald		

SCATTERWORD



Your aim is to create words of four letters or more using the given letters once only but always including the middle letter. Do not use proper names or plural/verb forms which add only "s".

See if you can find the nine-letter word using up all the letters.

11 GOOD
14 VERY GOOD
17+ EXCELLENT

CLUELESS CROSSWORD

Each letter of the alphabet is represented by a different number from 1 to 26. Use your knowledge of English to solve the crossword. Some clue letters are given.

23	12	G	22	25	22	17	3		12	10	19	3
12		1			25		17			24		13
19	1	8	25	13	12		24	12	X	25	19	2
18		8			26	12	14	14		17		15
		20	12	6	8	1		8		26		12
16	12	3	22			1		8	7	19	17	1
24			3	22	1	25	26	19	3			5
25	10	25	17	1		9			17	1	12	3
20		26		25		12	23	8	5	17		
22		14		3	8	L	8			19		3
3	12	24	12	20	25		3	21	7	25	26	19
17		7			26		8			26		2
3	17	11	2		13	12	20	25	13	12	4	17

1	2	3	4	5	6	7	8	9	10	11	12	13
										X		
14	15	16	17	18	19	20	21	22	23	24	25	26
		G								L		

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

PERMUTATE TEMPERATE

Your aim is to change the top word one letter at a time, each time rearranging the letters to create a new word. Perform one such permutation for each blank line below until you arrive at the last word. There is usually more than one correct solution. See how many you can find in 15 mins.

C	H	E	S	S
—	—	—	—	—
—	—	—	—	—
—	—	—	—	—
F	L	A	N	K

Last week's solutions. Logic Puzzle: Alexi sends 14 emails, Romeo sends 16 text messages, Rashid sends 18 postcards and Jamie sends 20 letters. Scatterword: VICARIOUS, saviour, various, vicious, scoria, ovisac, savour, corvus, coria, savor, curio, scour, visor, rosa, soar, arvo, savo, coir, sori, ours, sour. 21 words. Permutate: GROUP, GROPE, GRAPE/PAGER, GAMER, AIMER/MAIRE, EMAIL

Clueless crossword:

1	2	3	4	5	6	7	8	9	10	11	12	13
H	L	E	U	Y	K	A	P	B	Z	D	I	J
14	15	16	17	18	19	20	21	22	23	24	25	26
W	O	Q	F	S	M	C	G	T	R	N	V	X

Enter Sandman

Neil Gaiman's breakthrough comic series finally arrives on screen, leading a wave of fantasy epics headed to television. **by RUSSELL BAILLIE**

It could be said that, after a long nightmare, Neil Gaiman is having a dream run with screen adaptations. The streaming era has been good to the veteran fantasy author. It has allowed his past works, often too mythologically and theologically dense and historically sprawling for easy screen translation, to become big-budget, star-studded television shows.

He has had some movies of his lighter work, like fairy-tale comedy *Stardust* (2007) and the stop-motion animated children's horror *Coraline* (2009). More recently, though, his novels *American Gods* and *Good Omens* (co-written with Terry Pratchett) have become multi-season series on Amazon Prime, the TV arm of a company that has been selling his books since it began.

Considering the size of the writer's catalogue, there has not been a lot of Gaiman on screen, despite all the meetings he has been in.

"I'd definitely gone through the Hollywood blender," he told the Auckland Writers Festival last year, where he attracted the longest lines of autograph seekers. He remembered when, in the early 2000s, the *Hollywood Reporter* published a cover story on why he was getting so lost in translation.

"It was a whole thing

about how Neil Gaiman has had more things optioned and not made than any other human being on the planet. What's nice is, actually looking back on it, most of those things hadn't happened because the time was wrong for them."

Now it seems the time is right for *The Sandman*, his breakthrough DC Comics series, published between 1989 and 1996, which arrives as a Netflix series with Gaiman as co-creator, co-writer and executive producer.

"The bodies of so many dead *Sandman* movies have been buried to do it right."

At the time, the 75 issues were described as "the greatest epic in the history of comic books" by the *Los Angeles Times*. It sold in near Superman and Batman numbers to a readership that didn't otherwise read comics. Norman Mailer declared it "a comic strip for intellectuals".

Not bad for a series where the titular character had started out as an obscure vigilante detective in the comics in the 1940s, before DC allowed Gaiman to give him a cosmic rethink. And that character never actually gets

called "Sandman". He's known as Morpheus or Dream, or the Dream King. He's an Endless, one of seven with Death, Delirium, Destiny, Destruction, Desire and Despair. All siblings in an eternal dysfunctional family.

"When I first came to America, people would say to me, 'We love *The Sandman* and we love that you've made this dysfunctional family,'" Gaiman told a recent media panel. "And I'd never heard the term before. So I was like, 'What is a dysfunctional family?' And

Try making a coherent movie out of all that, coupled with a hero who, on the page, looked like he played guitar in the Cure and didn't exactly endear himself to anyone.

"He is unimaginably powerful," Gaiman told *Entertainment Weekly*. "He can control your dreams, he controls your nightmares, he is ruler of the worlds that you go to when you close your eyes and you go somewhere else. He is the prince of stories, in charge of our stories, and he's terrible at relationships. He is a walking car crash when it comes to trying to deal with people."

There had been proposals to turn *The Sandman* into a film since the early 90s, with it bouncing between different producers with occasional consultations with Gaiman, who didn't own the rights as it was a DC Comics property. He says he's glad none ever came to fruition.

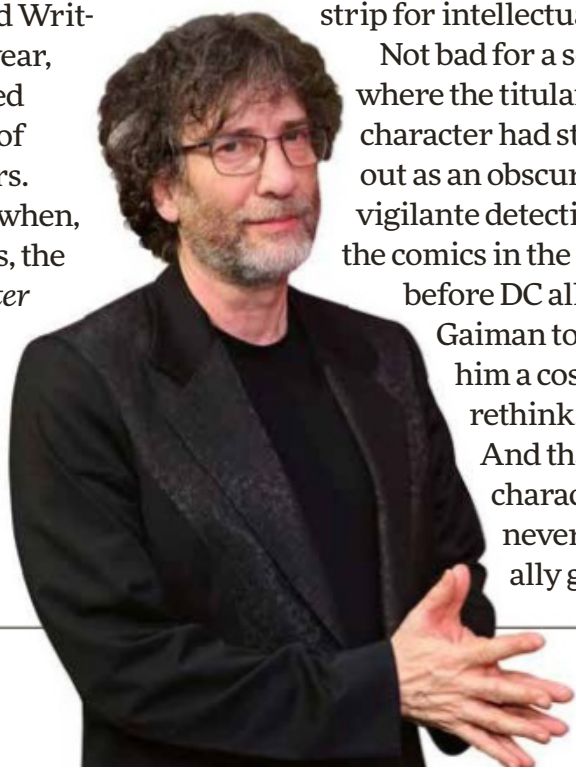
"I have killed off so many bad *Sandmans* along the way. The bodies of so many dead *Sandman* movies have been buried to do it right."

David S. Goyer, a co-writer on the Christopher Nolan-directed Batman trilogy, was charged by Warner Bros – the

they would explain, and eventually I went, 'Oh, that's what in England we call a family.'"

Dream is the ruler of the psychic territory of the Dreaming. Or was, until some humans using black magic in 1916, in an attempt to snare his big sister, Death, instead trapped Dream and locked him up in a basement until his escape many decades later.

The early part of the series follows Dream's quest to restore his rightful place and the supernatural order. It's no easy task, requiring journeys across time and into Hell, and occasional encounters with historical figures including Shakespeare, Enlightenment philosopher Thomas Paine, Marco Polo, Chaucer, and Julius Caesar.



Clockwise from top: *The Sandman* stars Kirby Howell-Baptiste as Death and Tom Sturridge as Dream, Vivienne Acheampong as Lucienne, Charles Dance as Roderick Burgess, and Gwendoline Christie as Lucifer Morningstar. Left, Neil Gaiman.





Unimaginably powerful: Dream/Morpheus, from Neil Gaiman's *The Sandman*.

makers of all DC Comics film and TV adaptations – with developing *The Sandman* series. Goyer told the *Washington Post*: “All of the things that made *The Sandman* wonderful were the same things that made it almost impossible to adapt for film and television for 30 years. All of the features that we love about *The Sandman* – that it is, in essence, a story about stories – are the bugs that stymied Hollywood.”

It was Goyer who suggested bringing Gaiman in as a writer and producer when Warner finally agreed to make a television show and sell it to highest bidder Netflix.

The show arrives just ahead of two other big fantasy epics – HBO's *House of the Dragon* (a *Game of Thrones* prequel) and Amazon Prime's Middle-earth excursion *The Rings of Power*. *The Sandman* has a cast with history in the genre: Gwendoline Christie (*Game of Thrones*) is a gender-swapped Lucifer; fellow *GoT*

The Sandman “has aged better than it honestly had any right to do”.

star Charles Dance plays the Aleister Crowley-like occultist Roderick Burgess, who drags Dream to Earth; and former *Doctor Who* companion Jenna Coleman is Johanna Constantine.

Also in the ensemble are David Thewlis, Stephen Fry, Joely Richardson, Sanjeev Bhaskar and the voices of Mark Hamill and Patton Oswalt.

Dream himself is played by Tom Sturridge, a fittingly cheekboned English actor whose past screen roles have included Lord Byron in *Mary Shelley*.

They aren't actually the first *Sandman* cast. In 2020, there was an audiobook released on Audible with Gaiman as

narrator and a voice ensemble including Riz Ahmed, Kat Dennings, Taron Egerton, James McAvoy, Samantha Morton, Bebe Neuwirth, Andy Serkis and *Good Omens* star Michael Sheen. It became the fastest seller in the platform's history.

That rendition remained faithful to the original comic – Gaiman has described it as the “control” model as they experimented with character and plot changes in the television series. Fans of the original shouldn't worry too much, though, he says.

“I think that if you are somebody who loves the original comics, you will love the Netflix series. If you are somebody who knows the original comics, well, you will have an absolute advantage plot-wise in the Netflix series. But much like *Game of Thrones*, while you will have an advantage, you will not always be one step ahead.”

Gaiman says despite the three decades since he first wrote it, the series hasn't needed much updating. “The weirdest thing for me is when *The Sandman* was first published, it was a small cult thing that felt a bit ahead of its time. It has aged incredibly well. It has aged better than it honestly had any right to do.”

Meanwhile, the Gaiman screen universe continues to expand. Coming to Amazon Prime next year is a series based on his 2005 novel *Anansi Boys*, a reworking of myths about the West African trickster god Anansi. It might be another book adaptation but it started life as a TV idea for Lenny Henry and the show is co-written by the actor. ■

The Sandman arrives on Netflix on August 5. *House of the Dragon* is on Sky/Neon from August 22. *The Lord of the Rings: The Rings of Power* is on Amazon Prime from September 2.

FILM

SARAH WATT

Swamp fling

The bestselling potboiler gets an undercooked adaptation.

WHERE THE CRAWDADS SING

directed by Olivia Newman

This adaptation of a *New York Times* bestseller – inexplicably one of the top-selling fiction books of all time, having garnered more than 13 million sales in its four short years – means the film's built-in viewership is possibly secure.

Whether that audience of predominantly young women (and some men, judging by the packed preview screening I attended) will be pleased by the handling of the love story murder-mystery is less guaranteed.

Set in North Carolina in the

Glimmer of hope

A moving Irish-language film about a child's desire to belong.

THE QUIET GIRL

directed by Colm Bairéad

For a film predominantly in the Irish language, in which very little happens and the impassive young protagonist hardly squeaks a word, *The Quiet Girl* is absolutely spellbinding.



1950s and 60s, this *Notebook*-esque affair of “marsh girl” Kya Clark and cool rich kid Chase Andrews is a tale of two threads: Kya’s impoverished, self-sufficient upbringing when she is abandoned as a child (a wonderful Jojo Regina), and her subsequent murder trial as a teen when Chase is found dead and the bigoted community’s fingers are pointed her way.

The debut novel by retired wildlife biologist Delia Owens has captured hearts and minds since its publication in 2018, with beautifully florid writing that evokes the sticky heat of

passion and desperation in the American South. Despite the plot’s simplistically familiar themes of frowned-upon love, rejection and immature choices, the drawling dialogue and dashes of homespun poetry drew in avid readers, including Reese Witherspoon, who, as a producer, has been grabbing the rights to many female-led bestsellers.

The main difference with *The Notebook* is this has none of Ryan Gosling and Rachel McAdams’ chemistry. Kya is played by British it-girl Daisy Edgar-Jones, famous for *Normal People* and

exceptionally ordinary here. As in *Twilight*, the blankly wide-eyed heroine is pursued by two fellas – good guy Tate (perpetually plaintive Taylor John Smith) and bad boy Chase (*The King’s Man*’s Harris Dickinson).

Kya is persecuted by caricatured small-town snobs and aided by clichéd kindly black folk. David Strathairn can hardly be bothered as her lawyer in the world’s most boring murder trial, although it’s one in which the supporting cast gasps every time key evidence is presented.

The screenplay by Lucy

Keenly pursued: Daisy Edgar-Jones as Kya in *Where The Crawdads Sing*.

Alibar (who co-wrote the similarly swampy *Beasts of the Southern Wild*) is a blunt tool, relying on voiceover and a few choice lines from the book but removing the poetry subplot entirely. Perhaps this was a decision of limited screen time, but taking a knife to all the bland lovers’ arguments would have been better.

Those coming fresh to Kya’s trials may find a whole new mystery – how did this story become such a big seller? ★★
IN CINEMAS NOW



Captivating: Catherine Clinch as Cáit in *The Quiet Girl*.

Cáit is the youngest daughter of a desperately poor rural family, left to sit in silent solitude while her dad has a pint on the way home from

school pick-up. Referred to as “the wanderer” by her philanthropic father, but otherwise unacknowledged by anyone, Cáit is shipped off to another

county to live with childless relatives while her mother gives birth to yet another sibling. (“You’re not to fall into the fire” is her father’s curt version of a farewell.) There, Cáit receives warmth and kindness for the first time in her life.

It’s an astonishingly assured and deeply profound first feature from Irish film-maker Colm Bairéad, who took a punt by casting the captivating Catherine Clinch in her first screen role. In a remarkably internalised performance, Clinch’s ability to convey unspoken fear and suspicion – there are allusions to secret, shame-filled abuse, but nothing is overtly stated – creates tension in

the viewer. As a result, we’re on tenterhooks with every creaking floorboard and brush of the hair as Bairéad twists benevolent interactions into stomach-clenching moments of apprehension.

But unlike the similarly toned *An Angel at My Table*, where poor Janet Frame’s life goes from difficult to excruciating, there is light in *The Quiet Girl*, thanks to the message of unconditional grace that runs throughout. This is one sad story, which leaves you with hope. ★★★★★
IN CINEMAS NOW

Films are rated out of 5:
★ (abysmal) to ★★★★★ (amazing)



Standard bearer

Leonard Cohen's most famous song lives on in a film singing its praises. **by** RUSSELL BAILLIE

Leonard Cohen sang *Hallelujah* on stage for the last time on December 21, 2013, in Auckland. It was the second-to-last song in the main set of what was the 79-year-old's final concert before his death nearly three years later. A recording of that last live rendition is the first to be heard in *Hallelujah: Leonard Cohen, a Journey, a Song*.

The documentary traces *Hallelujah*'s path, from being a track on a 1984 album rejected by Cohen's US record company to the greatest royalty generator in his catalogue. From cult-star obscurity to singing-contest ubiquity and funeral fixture, it became "a kind of all-purpose, ecumenical/secular hymn for the New Millennium", as Sylvie Simmons wrote in her Cohen biography, *I'm Your Man*. And from film-soundtrack fixture, it has become a song deserving of its own movie.

Seasoned San Francisco-based documentary makers Daniel Geller and Dayna Goldfine saw Cohen on that final tour. The following year, a screenwriter friend suggested a doco idea: make a film about one song. Almost immediately, Goldfine thought of *Hallelujah*. They found music writer Alan Light's 2012 book *The Holy or the Broken: Leonard Cohen, Jeff Buckley, and the Unlikely Ascent of "Hallelujah"*. It traced the song's trajectory and how Buckley released his version – effectively a cover of John Cale's early 90s edit of the song – on his breakthrough debut album.

On the advice of Light, who they had brought in as a consultant producer, the pair didn't seek to interview Cohen about the song before his death, just getting his and his manager's

tacit approval. Goldfine says she had a pipe dream that they might film Cohen singing the song one last time. But it was not to be.

There were plenty of archival interviews and performances to draw on. "And that gives the movie, to my mind, something a little more immersive and immediate than an 80-year-old Leonard looking back on his life and telling us what it was," says Geller.

"Because hindsight may be more accurate, but it's not necessarily as dramatically engaging."

The doco follows how the song took flight independent of its author, but Goldfine says what she found most intriguing is how Cohen himself continued to chip away at the work, and why.

"I was surprised by how consciously he chose to take that first rendition, what he called the 'King David version', which had all the Jewish references and the Old Testament references, and then just a few years later change it up because he was purposely trying to make *Hallelujah* come into the mainstream and move away a bit from the sacrament. The fact that it was a conscious choice was a revelation."

Various accounts have Cohen taking

Continuous revelation: Dayna Goldfine and Daniel Geller.



between five and seven years to finish the original *Hallelujah*, with notebooks filled with 180 possible verses. From lightbulb moment to its premiere, the doco took about the same number of years. Before filming could start, there were two years of negotiation for affordable screen rights with Sony Music Publishing, part of the same music empire as Columbia Records, which had rejected *Hallelujah*'s original parent album, *Various Positions*.

Geller: "Leonard might have chuckled that the same song that had not been brought out in the US was now considered so valuable that two documentarians had a hard time getting the rights to it."

Then the pandemic arrived as the film was being made ready, which allowed for an extended time editing and mixing.

"We slowed up and edited some more, which is definitely a Leonard Cohen way of doing things. When in doubt, keep refining."

No, they didn't get sick of hearing those minor falls and major lifts, over and over again.

Goldfine: "We weren't just listening to one version of it, and the generosity of that song is such that every person who covers it brings something different to it, based on where they're coming from, or what they think it means, and what verses they choose to include or exclude."

"Still to this day, I'm not sick of it, because I'm still discovering new resonances." ■

Hallelujah: Leonard Cohen, a Journey, a Song is screening at the New Zealand International Film Festival. Geller and Goldfine will be attending screenings with Q&A sessions in Auckland on August 6 and Wellington on August 10.

MUSIC

GRAHAM REID

Restless creativity

How jazz veteran Charles Lloyd has kept reinventing himself.

As the 1960s ended, tenor saxophonist/flautist Charles Lloyd should have been a happy man. His 1967 album *Forest Flower*, recorded live at the Monterey Jazz Festival the previous year, had sold exceptionally well.

His quartet had brought bassist Cecil McBee, the young pianist Keith Jarrett and drummer Jack DeJohnette to wide attention. They'd toured Europe and Russia to much acclaim (the Beatles attended their Royal Albert Hall concert) and, because *Forest Flower*'s mellow mood captured the imagination of the emerging subculture, they were playing venues like the Fillmore West with Jefferson Airplane, Grateful Dead and Santana.

But the success of *Forest Flower* irked many jazz critics. As Lloyd told me before an Auckland concert in 2010, "There seemed to be a consensus that if I was experiencing such a degree of success, something must be wrong with the artistic expression."

"Success was equated with commercialism and not artistic expression ... we were interested in the art with a capital A. But the music connected with the youth at that time, and also with both the rock and classical worlds."

He also admitted the lifestyle of the period took its toll: "Musically and spiritually, my life was disintegrating."

So, still only in his early thirties, Lloyd – who'd worked with jazz innovators such as Ornette Coleman, Don Cherry and Cannonball Adderley in the decade before *Forest Flower* – removed himself to northern California, detoxed, meditated and all but disappeared from the popular imagination.

However, in 1989, he signed to the European label ECM for an acclaimed second career, bringing meditative spirituality and world music to his warm, engaging sound.

The exceptional 2002 album *Lift Every Voice*, his response to

seeing the second of the Twin Towers hit by an aeroplane on 9/11, is a landmark double set with a hymnal and healing quality.

He hasn't been averse to referencing popular songs, blues and gospel tunes on his albums and has worked with European and American jazz musicians, tabla player Zakir Hussain, the Byrds' Roger McGuinn, Hungarian guitarist Gábor Szabó and Greek singer Maria Farantouri.

In 2018, his group the Marvels, which includes avant-guitarist Bill Frisell and pedal-steel player Greg Leisz, recorded with alt-country musician Lucinda Williams for the album *Vanished Gardens*.

At 84, Lloyd isn't slowing down. He recently released *Trios: Chapel* – the first of three live trio recordings this year. He also released live albums recorded in Cologne, Antibes and Stockholm during the halcyon year before *Forest Flower* hit record shops.

The drummerless trio of Lloyd, Frisell and bassist Thomas Morgan create a weightless, reflective and melodic sound on *Trios: Chapel* as they look back to some earlier compositions, including Billy Strayhorn's *Blood Count* and Lloyd's *Beyond Darkness* from *Lift Every Voice*. It's a spacious album, which reaches – as does *Forest Flower* and *Lift Every Voice* – towards "art with a capital A". ■

Charles Lloyd's back catalogue is available digitally. The Trios: Chapel albums will be available on vinyl and CD.

Not slowing down: Charles Lloyd.




 A photograph of Pam Ayres and Dominic Hamilton standing in a lush garden. Pam is on the left, wearing a teal jacket and a patterned scarf, with her arms crossed. Dominic is on the right, wearing a dark quilted vest over a light blue shirt and khaki trousers, with his hands in his pockets. They are both smiling. The background is a verdant garden with various plants and flowers.

Rambling Pam

A tour with the ‘people’s poet’ through the Cotswolds may get you waxing lyrical. **by RUSSELL BROWN**

THE COTSWOLDS WITH PAM AYRES, *Vibe (Sky TV), from Sunday, July 31, 7.30pm*

Readers of a particular vintage will recall the people’s poet Pam Ayres coming to New Zealand in the 1970s, her eyes widening and her nose wrinkling as she uncoiled her West Country vowels into rhymes. Did she visit us every year, or was it just that she was constantly on telly each time she did?

Ayres, now 75, is clearly still full of beans – readers may be surprised to learn that she played her first Glastonbury Festival this year – and on the evidence of *The Cotswolds With Pam Ayres* she still has the same warmth and charm of nearly half a century ago.

The four-part programme fits pretty clearly into the ubiquitous genre of personality travelogues, but it has some advantages. One, clearly, is that it’s not bloody Scotland again.

The Cotswolds – even a British audience seems to need this explained upfront – is an area of rolling hills and ancient towns in south-west England where the Thames originates, it’s where Ayres comes from,

and it’s green and gorgeous.

The other advantage is Ayres’ sheer, mumsy niceness, which seems to rub off on everyone she talks to. When she visits Blur’s bass player, Alex James, on his 200-acre farm near Chipping Norton, he’s clearly overjoyed to be serving her his artisan cheeses and craft cider which he’s labelled “Britpop”.

“I think it’s the natural habitat of the rock gentleman, the farm,” he offers genially. “It’s where we all end up.” (And yes, they do play Blur’s *Country House* on the soundtrack.)

“I’m so chuffed to do this, and to do it with you,” gushes a similarly charmed *Bridgerton* star Adjoa Andoh, after sharing her memories of growing up mixed-race near Badminton in the 1960s. “You’re a heroine of mine.”

Ayres’ charm also helps the show get through the odd flat spot – the first episode’s visit to a china shop isn’t a dazzling start – and it underwrites a certain old-fashioned air to proceedings. When she visits Blenheim Palace, historic seat of the Duke of Marlborough and the birthplace of Sir Winston Churchill, she expresses unreconstructed admiration for Churchill. That would get you cancelled from social media these days, but that’s not the world we’re dwelling in here.

“People didn’t know back then about some of the things that are emerging now, but the times were different,” responded Ayres, when the *Daily Telegraph* pointed

Pam Ayres at Painswick’s Rococo Gardens with garden director Dominic Hamilton.

out that Churchill’s legacy had recently become a controversial one. “If you are going to beat yourself up about what this country did, how far back do you go?”

Later in the series, she rides the Kennet and Avon canal on a boat called Iron Maiden (“Thankfully, the crew don’t look as if they’re going to play me any heavy metal,” she says, sounding like she wouldn’t really mind if they did) and visits the Capability Brown-designed Painswick Rococo Garden.

“Dare I say it, it has elements of *erotic intrigue*,” she tells us, sounding out the syllables with some satisfaction, before reeling off observations about “naughty nooks” and “activities” as she’s toured through the garden, until the nice chap showing her round doesn’t know quite where to look. It’s like being wound up by your grandmother.

There is, you will be pleased to know, an Ayres poem at the end of each episode, reflecting on the places and people she’s visited. But we try not to do spoilers here at the *Listener*, so we’ve written one for you ourselves:

*From the sweep of a stately house lawn
In the place that her vowels were born
Along canals and on rail
Through forest and vale
And river and village and manor
It’s a tour with your favourite nana ■*



Unbreakable, Tuesday.

TELEVISION

Our Picks of the Week

SATURDAY JULY 30

BUILDING THE KIWI DREAM

The beach house challenge

Screening: Three, 7.00pm

Streaming: ThreeNow

Property prices are sagging and the cost of building houses is through the roof, but there's always room on TV for a house show. In *Building the Kiwi Dream*, celebrity fisher Matt Watson and his wife, Kaylene, set about building their dream home on a beachfront site in the Bay of Islands. They have big plans, but there are issues with the build and conflict between the pair of them from the first episode. And that's before the Covid lockdowns, storms and a cheeky tsunami.

RUPAUL'S DRAG RACE DOWN UNDER

It's time to sashay

Streaming: TVNZ+

Screening: TVNZ 2, August 5, 9.30pm

As the All Blacks stumbled and lost their way last year,

New Zealand's own Kita Mean vanquished all comers to take out the inaugural *Drag Race Down Under* title. Can we hope for another New Zealand queen to back up that win this year? There are four Kiwi contenders among the 10 set to do drag battle. Wellington-based Spankie Jackson, a past winner of *House of Drag* and a 15-year drag veteran, lines up with Auckland's Yuri Guaii and a pair of expats, the splendidly named Timaru native Aubrey Haive and dance specialist Kween Kong, who was born in South Auckland.

SUNDAY JULY 31

THE COTSWOLDS WITH PAM AYRES

A green and pleasant land

Vibe, 7.30pm

People's poet Pam Ayres explores the rolling hills and ancient towns of the part of England she calls home. See story, page 66.

TUESDAY AUGUST 2

UNBREAKABLE

Chasing life goals

Screening: TVNZ 1, 8.30pm

Streaming: TVNZ+

Aspirational stories about people with disabilities can be a tricky business, but the first season of *Unbreakable* did well in recognising that most often the things disabled people

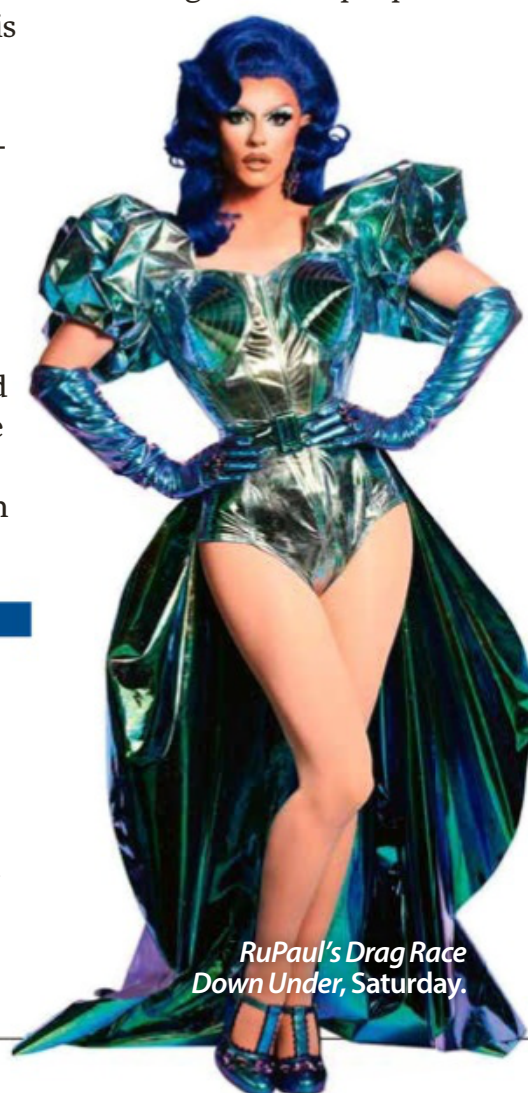
want are just the constituents of a happy life: a job, a home, someone to love. This new season underlines that truth by featuring Wheel Blacks co-captain Cody Everson, who has travelled the world with his chosen sport – but actually just wants to start a family with his partner, Jess. The series also focuses on Green MP Golriz Ghahraman, who actually got her dream job – but now faces the challenge of sticking with it after being diagnosed with multiple sclerosis.

AROUND THE WORLD BY TRAIN WITH TONY ROBINSON

Taking the western line

Screening: History, 8.30pm

The genial king of British factual TV follows up his first season – where, as the title suggests, he went around the world on the rails – by doing the same thing, but heading west rather than east. The first episode sees him head to Marseilles (only six hours on the direct train from London) and end up in Portugal. But it's episode two that takes him somewhere he's never been before; to South



RuPaul's Drag Race Down Under, Saturday.



The Outlaws, Friday.

America, where he travels through Argentina and Peru to the ancient Inca citadel of Machu Picchu.

THURSDAY AUGUST 4

TOM SAINSBURY'S LOVE HOUR

Romantic interlude

Screening: Three, 7.30pm

Streaming: ThreeNow

The second of Three's comedy pilot season has the ubiquitous Tom Sainsbury interviewing well-known New Zealanders about their love lives. It seems he didn't have to look far – in

the first episode one guest is Kimberley Crossman, his co-presenter on the recent *Snack Masters*, as well as Dai Henwood. The following week it's Art Green and Kura Forrester.

FRIDAY AUGUST 5

PLAYERS

Keyboard warrior comedy

Screening: TVNZ+

This new series from Dan Perrault and Tony Yacenda, creators of the Netflix hit *American Vandal*, is another mockumentary, but perhaps

a more instructive comparison is with the tech-bro comedy *Silicon Valley*. Misha Brooks plays toxic nerd Creamcheese, the veteran (he's 27) star and founder of Fugitive, a dysfunctional e-sports team. When the team owners roll the dice and recruit a 17-year-old prodigy (Da'Jour Jones), he's challenged – but perhaps this is what it will take for the team to finally take out a championship. US

reviews have been good, but it will probably help to be familiar with the *League of Legends* game, or at least to have played a video game at all.

SKYMED

Treat, fly, love

TVNZ+

They're young, they're hot – and they fly a lot. *SkyMed* is a medical drama following the doctors, nurses and pilots operating the air ambulance service in remote northern Canada as they try to keep a lid on their sexual tension. Series creator Julie Puckrin drew on the experience of her sister, a nurse who worked – and fell in love – on the air ambulances, but told local media she was aiming for more than *Grey's Anatomy* with wings. Even Canadians don't see a lot of northern Manitoba on television and Puckrin says she deliberately recruited indigenous writers to authentically depict the lives of the people the medics encounter.

THE OUTLAWS

Still in trouble

Streaming: Amazon Prime
The season one finale of

Stephen Merchant's comedy thriller saw the community service crew unite to save themselves from immediate peril, but left enough loose ends that we all knew further trouble was just a matter of time. Season two, shot back-to-back with the first in 2020, picks up several months on as the characters wrestle with personal demons. Lady Gabby's still caning it, Rani continues to disappoint her parents, Frank is wrestling with a conscience he didn't know he had and Clare keeps seeing a dead policeman. They're soon back together as it becomes clear that the Dean wants his revenge – or at least his money back.

THE SANDMAN

Dream big

Streaming: Netflix

Neil Gaiman's hit 1990s comic-book series gets the big-budget fantasy epic screen treatment with a cast that includes Charles Dance, Stephen Fry, Gwendoline Christie and Jenna Coleman. Tom Sturridge is the titular Sandman, known as Dream. See page 60 for more. ■



SkyMed, Friday.

TV Films

by RUSSELL BAILLIE

The big movies on TV this week

SATURDAY JULY 30

PIXELS

Space invaders

TVNZ 2, 7.00pm

Ghostbusters rip-off sci-fi comedy in which Adam Sandler leads a nerd crew to save the world against an invasion of 80s arcade video game characters brought to life on another planet. Ever wanted to see a giant Pac Man eat Manhattan? Well, here you go. (2015) ★★

PADDINGTON

Bear-faced cheek and charm

Whakaata Māori, 7.00pm

The first of two terrific CGI live-action adaptations – a third, *Paddington in Peru*, is in the works – of Michael Bond's stories about a young bear finding a home with the kindly Brown family in London. (2014). ★★★★★

RUMOUR HAS IT

Warning, Mrs Robinson

Three, 8.25pm

Odd, gimmicky and creepy romcom starring Jennifer Aniston, Kevin Costner and Shirley MacLaine, which riffs on *The Graduate*, or at least the book about

intergenerational affairs that the 1967 film was based on. (2005) ★★

JAMES & ISEY

Far North whānau foray

Rialto, 8.30pm

After his early *Kaikohe Demolition* and *Land of the Long White Cloud*, Northland-raised director Florian Habicht delivers yet another portrait of the idiosyncratic residents of Te Tai Tokerau. An amusing, occasionally confounding, study of Kawakawa mother and her carer son, Isey and James Cross, in the lead-up to her 100th birthday celebrations. (2021) ★★★★★

GONE GIRL

"I'm so much happier now that I'm dead..."

TVNZ 2, 9.00pm

Of the many crime books of recent years with "Girl" in the title, Gillian Flynn's seems to be the only one to have become a decent psychological thriller on screen. That's due to director David Fincher's taut and chilly direction and the performances of Rosamund Pike and Ben Affleck as a married



Gone Girl, Saturday.

couple whose mutual resentment grows into something destructive and lethal. (2014)

★★★★★

SUNDAY JULY 31

PEPPERMINT

Widow on the warpath

TVNZ 2, 8.30pm

Hilariously formulaic and mindless action thriller in which Jennifer Garner's mild-mannered bank worker reinvents herself as a lethal vigilante when her husband and daughter are killed by an LA drug cartel in a drive-by shooting. (2018) ★

LIKE A BOSS

Lip service

Three, 8.30pm

A clunky post-*Bridesmaids* female buddy comedy in which two best friends (Rose Byrne and Tiffany Haddish) start their own cosmetics line, only to have Salma Hayek's make-up mogul try to take control. (2020) ★★★

BRAZIL

"Have you got a 27B stroke six?"

Whakaata Māori, 8.30pm

As with many movies by former Monty Python animator Terry Gilliam, *Brazil* had a fraught production history. But his absurdist tale, about Jonathan Pryce's lowly public servant caught in a Kafkaesque spiral, remains

his best film. Yes, it borrowed a lot from 1984 – it had a working title of 1984 ¼ – but it's one of the great dystopian black comedies. (1985) ★★★★★

THE POST

All the President's Men, the prequel

Eden, 8.30pm

Solid American journalism history drama from Steven Spielberg, about the 1971 publication of the Pentagon Papers, which revealed the lies the Kennedy and Johnson administrations had told about the Vietnam War. It focuses on how the *Washington Post*, under the editorship of Ben Bradlee (Tom Hanks) and ownership of Katharine Graham (Meryl Streep), ran with the leaked documents – first run in the *New York Times* – and the tumult it caused with the Nixon White House in the years before Watergate. ★★★★★

THE MANY SAINTS OF NEWARK

The boy Soprano

Sky Movies Premiere, 8.30pm; Neon

An origin story to *The Sopranos*, with the late James Gandolfini's son, Michael, playing the teenage Tony Soprano as he grows up under the wing of Uncle Dickie Moltisanti (Alessandro Nivola). It



The Many Saints of Newark, Sunday.



Super 8, Friday.

does good fan service, but it's not quite an essential addition to the canon of the great television programme (2021). ★★★★★

MONDAY AUGUST 1

DEAR COMRADES!

Soviet slaughter

Rialto, 8.30pm

Veteran Russian director Andrey Konchalovsky's visually striking political drama about the 1962 massacre of as many as 80 striking workers by the Red Army and KGB at the Novochoerkassk Locomotive Works and the cover-up which ensued. It's told through the eyes of Lyudmila (Julia Vysotskaya), a communist party official who is torn between her political loyalty and personal anguish over a missing daughter caught up in events. (2020) ★★★★★

TUESDAY AUGUST 2

FALLING FOR FIGARO

Unhappy marriage

Sky Movies Premiere, 8.30pm

A corny, contrived follow-your-dreams opera-based romantic comedy. It stars Joanna Lumley as a Scottish Highlands-based battleaxe of a singing tutor who gets American fund manager Mille (Aussie Danielle Macdonald) as a pupil, which annoys Max (Hugh Skinner), another student who is struggling to make ends meet. (2021) ★★

WEDNESDAY AUGUST 3

THE JANE AUSTEN BOOK CLUB

A novel approach

Whakaata Māori, 8.30pm

Passable chick-flick romcom that is an adaptation of Karen Joy Fowler's 2004 bestseller about six Sacramento residents who find their lives are resembling those of Austen's characters after forming a club devoted to her works. (2007) ★★★★★

CASTLE FALLS

Cash stash bash and dash

Sky Movies Premiere, 8.30pm

Solid if stupid B-movie action flick that pairs veteran Dolph Lundgren and English martial arts guy Scott Adkins in a race to grab \$3 million of loot hidden in a derelict hospital building that's about to be demolished with explosives. (2021) ★★★★★

FRIDAY AUGUST 5

SUPER 8

Close encounter of the fan kind

Three, 7.30pm

If you've finished watching the latest series of *Stranger Things* and still feel the need for something about Generation X kids in smalltown America dealing with monsters, there's always this – the terrific JJ Abrams homage to the 1980s works of the film's producer, Steven Spielberg. A classic cover version. (2011) ★★★★★

Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing)

Talkback

BROADCASTING REFORM

Dave Robinson's letter (July 16) highlights the current differences between state broadcasters in Australia and New Zealand.

The "rot" for state broadcasting here set in in 1989 with the advent of market forces and the need to "deliver the audience to the advertiser".

Later, the Clark government introduced a charter that somehow had to cater for the public interest and at the same time make a commercial return. A contradiction in terms if ever there was one.

The closest we have to a state broadcaster is the Māori TV channel. We did have TVNZ 7 for several years, but a National-led government in its wisdom decided to do away with it.

As for the future, I won't be holding my breath.

Bruce Fletcher

(Remuera, Auckland)

SHOCK TREATMENT

The book by Dr Adam Kay, *This is Going to Hurt*, was well summed up by Dawn French, whose review says, "A funny, excoriatingly revealing, beautiful book."

I found it something I could read and re-read, and looked forward to the televised version.

What a disappointment. All else aside, it utterly changed what Kay's message conveyed.

The author left no doubts about his sexual orientation, but in broad limits only. The series comes across as a gay commercial and, about a third of the way through the first episode, descended into mating in a way that had our family changing channels.

The following week's episode featured appalling language in the first 10 minutes or so. I'm ex-military, so cuss words come easy to me, but that exhibitionism left me cold, and removed

any thought of faultless viewing.

I'd urge your readers to get hold of Kay's book – it is a masterwork on the travails of doctors in Britain's NHS; sad, but also uplifting.

Bill Holvey

(Blenheim)

WORDS AND MUSIC

RNZ's *The Detail* is a podcast looking at important and interesting topics, but why is the introduction always spoken against background music?

Music uses patterns of rhythm to engage and hold our attention. Spoken prose communicates meaning in words but struggles to achieve this if it has to compete with music, because the listener must simultaneously focus on the words and filter out the music.

The Detail is not a music programme, so why not let all of its words speak for themselves?

Alan Roddick

(Dunedin)

NATIONAL IMPORTANCE

Oh, woe is me! The weeping, wailing and gnashing of teeth could be heard up and down the motu. Why? Ireland beat the All Blacks.

I was dismayed, not by the loss, but by the item being first in RNZ National's news at 7.00am and in RNZ Concert's news at 8.00am.

Rugby is a sport: by definition, mention of the result of any game should be only in the sports section of news broadcasts.

J Chris Horne

(Northland)

Please send comments, queries or complaints about radio or television to: listenerletters@aremedia.co.nz with "Talkback" in the subject line, or Talkback, NZ Listener, PO Box 52122, Kingsland, Auckland 1352

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 **Te Karere** (R)
 6.30 **Country Calendar** (G, R, HD, C, AD)
 7.00 **Fishing and Adventure** (G, R, HD, C)
 7.30 **Infomercials**
 8.30 **Religious Programming**
 9.00 **Extreme Cake Makers** (G, R, HD, C)
 9.30 **Tagata Pasifika** (HD)
 10.00 **Paul Goes to Hollywood** (G, R, HD, C, AD)
 11.00 **Winning Combination** (G, R, HD, C, AD) Omid Djalili presents a UK game show.
Noon **Under the Vines** (PG, R, HD, C, AD) s1ep3
 1.00 **Sarah Beeny's Renovate Don't Relocate** (G, HD, C)
 2.00 **The Great Kiwi Bake Off** (G, R, HD, C, AD) s3ep6
 3.30 **Clean It, Fix It** (G, HD, C) A team of cleaners and DIY experts have one day to help a household.
 4.30 **Every Bite Takes You Home** (G, HD, C) Kylie Kwong explores the culture and food of refugees and migrants in Australia.
 5.00 **The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.
 6.00 **1 News** (HD, C)
 7.00 **Tipping Point Lucky Stars** (G, HD, C) Ben Shephard hosts a celebrity version of the UK quiz show, with Tom Read, Shane Richie and Rev Kat Bottley. s8ep6
 8.00 **Lotto**
 8.05 **Heathrow: Britain's Busiest Airport** (G, HD, C, AD) On the cusp of holiday season, Heathrow gears up to welcome passengers from all over the globe as they return after months of avoiding travel during the pandemic. s7ep5
 8.30 **Grand Designs UK** (PG, R, HD, C, AD) In Cornwall, former skydivers want to restore a listed 17th-century flour mill, but with no experience of building or restoration and only 250k, will they even finish?
 9.35 **Screw** (16, HD, C, AD) Rose follows through on her terrifying mission and finds herself trapped in a deadly double-bind. s1ep3
 10.35 **Pact of Silence** (16, HD, C, AD) On the day of Jack's memorial, the pact between the women begins to fracture. s1ep3
 11.45 **Hollington Drive** (16, HD, C, AD) Eva is ready to reveal more about the days leading up to Alex's disappearance. s1ep4
 12.40am **Bloom** (16, HD, C) s2ep6
 1.30 **Nashville** (M, HD, C) s5ep13
 3.00 **Infomercials**
 5.30 - 6.00 **Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 **Ready, Steady, Wiggle!** (G, R, HD, C, AD)
 6.10 **Postman Pat** (G, HD, C, AD)
 6.25 **Apollo's Tall Tales** (G, R, HD, C)
 6.40 **PJ Masks** (G, R, HD, C)
 7.00 **Love Monster** (G, R, HD, C)
 7.10 **Madagascar: A Little Wild** (G, HD, C)
 7.30 **SpongeBob SquarePants** (G, R, HD, C)
 7.55 **Moomin Valley** (G, HD, C)
 8.15 **The Croods: Family Tree** (G, HD, C)
 8.40 **Dragons: Riders of Berk** (G, R, HD, C)
 9.05 **Ninjago** (G, R, HD, C)
 9.15 **Hardball** (G, R, HD, C)
 9.40 **The Simpsons** (PG, R, HD, C, AD) s11ep19
 10.00 **Fresh** (G, HD, C) Chef Wallace's my world, Keep It Fresh goes across the ditch to Grubbies Burgers, and Fresh's own Fresh Fairies.
 10.30 **The Walkers** (PG, R, HD, C, AD) s2ep5
 11.00 **Tom Allen's Quizness** (G, R, HD, C, AD)
Noon **The Weakest Link: USA** (G, HD, C)
 1.00 **The Courtship** (PG, HD, C) s1ep5
 1.55 **The Good Witch** (G, HD, C)
 2.50 **Junior Bake Off** (G, HD, C)
 3.50 **Star Trek: Strange New Worlds** (PG, HD, C) s1ep10
 5.05 **Superman & Lois** (PG, HD, C)
 6.00 **The Cube** (G, HD, C) Phillip Schofield presents a UK game show in which contestants undertake challenges in a giant clear cube.
 7.00 **Pixels** (2015, PG, HD, C, AD) When aliens misinterpret video feeds of classic arcade games as a declaration of war, they attack Earth in the form of the video games. Adam Sandler, Peter Dinklage. **TV Films, page 69**
 9.00 **Gone Girl** (2014, 16, HD, C, AD) A man discovers that the media focus shifts onto him when his wife disappears on the day of their fifth wedding anniversary. Ben Affleck, Rosamund Pike, Neil Patrick Harris. **TV Films, page 69**
 11.45 **Saw 2** (2005, 18, HD, C, AD) A detective and his team must rescue eight people trapped in a factory by the twisted serial killer known as Jigsaw. Donnie Wahlberg, Tobin Bell.
 1.25am **The Great Kiwi Bake Off** (G, R, HD, C, AD)
 2.35 **I, Tonya** (2017, 16, R, HD, C, AD) Margot Robbie.
 4.35 **Fresh** (G, R, HD, C)
 5.00 **Infomercials**
 5.30 - 6.00 **Religious Programming**

THREE FREEVIEW 3 SKY 003

- 6.00 **Charles Stanley**
 6.30 **Infomercials**
 9.30 **Newshub Nation**
 10.30 **Celebrity Family Feud** (PG, R, C) s4ep1
 11.25 **Extreme Couponing** (PG, C) s2ep8
Noon **The Block NZ: Redemption Marathon** (PG, R, C)
 3.25 **The Masked Singer NZ** (PG, R, C)
 5.00 **Lego Masters USA** (G, R, C) s2ep8
 6.00 **Newshub Live**
 7.00 **Building the Kiwi Dream** (PG, C) Series following Matt and Kaylene Watson as they build their dream home in the Bay of Islands. Tonight, the build runs into issues and the couple disagree.
 7.30 **Crikey! It's the Irwins** (PG, C) Series following Terri, Bindi and Robert Irwin. Tonight, after months of training, it's time for Robert to solo feed the zoo's most notorious croc. s1ep1
 8.25 **Rumor Has It** (2005, M, C) A woman learns that her mother and grandmother may be the inspiration for the 1963 novel *The Graduate*. Jennifer Aniston, Kevin Costner, Shirley Maclaine. **TV Films, page 69**
 10.25 **Mad Max** (1979, 16, R, C) As Australia collapses, a policeman sets out to stop a violent motorcycle gang. Mel Gibson, Hugh Keays-Byrne.
 12.25am **Infomercials**
 5.00 **Leading the Way**
 5.30 - 6.00 **Charles Stanley**

PRIME FREEVIEW 10 SKY 004

- 6.00 **2022 Commonwealth Games** Coverage of the New Zealand team in Birmingham.
 9.00 **2022 Commonwealth Games Highlights** (G, C) Action from day 1.
 10.00 **Kids' Programmes** (C)
 11.05 **RAW** (PG)
Noon **NRL Premiership** (G) NZ Warriors v Melbourne Storm, from Mt Smart Stadium.
 2.00 **Farah Palmer Cup Live** Manawatu v Counties Manukau live from Central Energy Trust Arena, Palmerston North.
 4.00 **2022 Commonwealth Games Highlights** (G, R, C) Action from day 1.
 5.00 **The Ditch** (G, R)
 5.30 **Prime News**
 6.00 **American Pickers** (PG, R) Mike and Frank search for Ford motor cars.
 7.00 **Storage Wars** (PG, R, C)
 7.30 - 6.00am **2022 Commonwealth Games** (C) Coverage of the New Zealand team in Birmingham.

**Thriller: THE SECRETS SHE KEEPS**

Aussie actor Jessica De Gouw admits that the first season of this psychological thriller did have a "very captive audience" during the pandemic, but the response to the six-part series was so good, she needn't be worried about an audience for season two. The show is now off book, however, as season one was based on Michael Robotham's 2017 novel. It's a departure from the source material, De Gouw told *The Project*, "and this season we went rogue, in a good way". De Gouw stars with *Downton*'s Laura Carmichael, whose character Agatha was last season arrested for kidnapping the baby of De Gouw's Insta-influencer mum Meghan.

TVNZ+

**Drama: ANIMAL KINGDOM**

It's the sixth and final season of the US TV series based on David Michôd's 2010 film, so expect a big finale. The crimey-wimey Cody family are in jeopardy from the discovery of the body of someone who was killed by Pope way back in season 1. Talk about what goes around comes around. **SOHO, 9.30pm**

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes**
9.30 Ōpaki (G, R)
10.30 Ako (G, R)
11.00 Haka Ngahau ā-Rohe (G, R)
Noon Haka at Home (G, R)
1.00 Whakataukī (G, R)
1.30 Karanga: The First Voice (G, R)
2.00 Whaikōrero (G, R)
2.30 Home, Land and Sea (G, R)
3.00 Intrepid Journeys (PG, R)
4.00 Marae
5.00 Kai Safari (G, R)
5.30 Waka Man (G, R)
6.00 Piri's Tiki Tour (PG, R) Piri Weepu meets divers, farmers and hunters.
6.30 He Aha to Say? (G, R) A series of interviews with the people of Ngāti Porou.
7.00 ■ Paddington (2014, G) A young Peruvian bear travels to London in search of a home and is adopted by a kindly family. Hugh Bonneville, Sally Hawkins, voice of Ben Whishaw.
TV Films, page 69
8.40 ■ Jackie (2016, M, R) Based on First Lady Jacqueline Kennedy in the aftermath of her husband's assassination. Natalie Portman, Peter Sarsgaard, Greta Gerwig.
10.30 Anika Moa Unleashed (M, R) Anika meets Helen Clarke and Martin Henderson.
11.00 – 11.30 Loading Docs (PG)

Film: JACKIE

Pablo Larraín's impressionistic, slightly bonkers biopics now number three: 2016's *Neruda* and *Jackie* and last year's acclaimed *Spencer*. *Jackie* is a kind-of chamber piece, in which Natalie Portman's Jackie Kennedy is interviewed by "The Journalist" (Billy Crudup).
WHAKAATA MĀORI, 8.40pm



BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials**
10.00 Million Dollar Listing NY (PG, R)
11.55 Catfish (PG, R)
12.45 Southern Charm (PG, R)
2.35 Tiny House Nation (PG, R)
3.30 Hoarders (PG, R)
4.25 Ghost Hunters (PG, R)
5.30 Love It or List It: Vancouver (PG, R)
6.35 Catfish (PG, R)
7.30 Southern Charm (M) Kathryn throws a 30th birthday party.
8.40 The Real Housewives of Miami (M) As her mother's health takes a turn for the worse, Alexia's dream wedding day is in doubt.
9.50 Embarrassing Bodies (M, R, C) In the Highlands, the doctors meet two sisters with a rare skin condition.
10.55 Exhumed: Killer Revealed (16, R)
11.45 Snapped (M, R)
12.35am Infomercials 5.00 – 6.00
Top Chef (PG, R)

EDEN

FREEVIEW 8 SKY 013

- 6.00 My Cat from Hell** (PG, R)
7.00 The Pioneer Woman (G)
7.30 Valerie's Home Cooking (G)
8.00 Bobby Flay's Barbecue Addiction (G, R)
9.00 Museum Mysteries (PG, R)
9.55 American Pickers (PG, R)
10.50 Building the Dream (G)
12.05 Strictly Come Dancing (G, R)
2.00 The Chase USA (PG, R)
3.00 Animal Cries (PG)
4.00 The Best Thing I Ever Ate (G)
5.00 Mysteries at the Museum (PG)
6.00 American Pickers (PG)
7.00 My Lottery Dream Home (G)
7.30 Who Wants to Be a Millionaire? UK (G)
8.30 ■ Gifted (2017, M) A single man raising his genius niece gets into a custody battle with his mother. Chris Evans, McKenna Grace
10.40 Forged in Fire (PG)
11.35 Flea Market Flip (G)
12.05am – 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Overhaulin'** (PG, R)
7.40 Savage Builds (PG, R)
8.25 Tanked Marathon (PG, R)
12.30 Inside West Coast Customs (PG, R)
1.30 Treehouse Masters (PG, R)
2.30 Ed Stafford: First Man Out (PG, R)
3.30 Alaska: Battle on the Bay (PG, R)
4.30 Goblin Works Garage (PG, R)
5.30 Overhaulin' (PG)
6.30 Man vs Wild (PG, R)
7.30 Treasure Quest: Snake Island (M) The team make discovery on Snake Island.
8.30 Bering Sea Gold (M) The dangers of working under the ice are becoming apparent to the greenhorns.
9.30 Gem Hunt (PG) The team search for Muzo emeralds in Colombia.
10.30 Cops UK: Bodycam Squad (PG)
11.30 Overhaulin' (PG, R)
12.15am Programmes continue

TVNZ DUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today**
7.00 DUKEbox Music
Noon Extreme E: Electric Odyssey (G, R)
12.30 Superstore (PG, R, HD, C, AD)
2.10 Secrets of the London Underground (G, R, HD, C, AD)
3.00 River Monsters (PG, R, HD, C)
3.55 Xploration – Awesome Planet (G, R, HD)
4.15 Impossible Engineering (G, R, HD, C)
5.10 The Big Bang Theory (PG, R, HD, C)
6.00 MythBusters: There's Your Problem! (PG, R, HD)
6.30 Ultimate Rides (G, HD)
7.00 Family Guy (PG, R, C, AD) s9ep7
7.30 The Simpsons (PG, R, HD, C, AD) s12ep13
8.30 ■ Jaws: The Revenge (1987, M, HD, C, AD) Chief Brody's widow believes that her family is deliberately being targeted by another shark in search of revenge. Lorraine Gary, Michael Caine, Mario Van Peebles.
10.15 – 12.45am Alphas (M, HD)

SKY PREMIERE

SKY 030

- 7.00 A Mouthful of Air** (2021, M) Amanda Seyfried
8.45 Rams (2020, PG) Sam Neill, Michael Caton
10.45 Free Guy (2021, M) Ryan Reynolds, Taika Waititi
12.40 Godzilla vs. Kong (2021, M) Alexander Skarsgard, Millie Bobby Brown
2.35 Monster Hunter (2020) (2020, M) Milla Jovovich
4.20 In the Heights (2021, PG) Anthony Ramos
6.40 The Card Counter (2021, 16) While trying to keep a young man on the straight-and-narrow, an ex-military interrogator is drawn back into his dark past. Oscar Isaac, Tye Sheridan
8.30 The Marksman (2021, M) A rancher on the Arizona border agrees to protect a young Mexican boy from cartel assassins. Liam Neeson, Kathryn Winnick
10.20 Promising Young Woman (2020, 18) Carey Mulligan
12.10am The Nest (2020, 16) **1.55 I'm Just F*cking with You** (2018, 16) **3.15 Words on Bathroom Walls** (2020, M) **5.03 Halloween Kills** (2021, 16)

MOVIES CLASSICS

SKY 034

- 6.15 The Ruling Class** (1972, M) Peter O'Toole, Alastair Sim
8.45 Kings Go Forth (1958, PG) Frank Sinatra, Tony Curtis
10.35 The Blue Lagoon (1980, M) Brooke Shields, Christopher Atkins
12.17 Waterloo (1970) (1970, G) Rod Steiger, Christopher Plummer
2.27 Young Winston (1972, G) Simon Ward, Robert Shaw
4.45 Pale Rider (1985, PG) Clint Eastwood, Michael Moriarty
6.37 Starman (1985, PG) An alien takes the form of a widow's late husband in order to abduct her and travel across the country to rendezvous with his spaceship. Jeff Bridges, Karen Allen
8.30 Copycat (1995, 18) A psychologist and a detective must work together to take down a killer who is copying serial killers from the past. Sigourney Weaver, Holly Hunter
10.30 Gandhi (1982, PG) Ben Kingsley, Om Puri
1.35am The Towering Inferno (1974, PG) **4.20 The People vs Larry Flynt** (1996, 18)

RIALTO

SKY 039

- 6.10 Become Who You Are** (2020, M) US documentary.
7.40 First Cow (2019, PG) John Magaro, Toby Jones
9.40 Settlers (2021, 16) Sofia Boutella
11.25 Brassic Marathon (2021, 16) s3ep1-8
5.40 Meeting the Beatles in India (2020, PG) Canadian documentary.
7.00 Marvellous (2014, M) Based on the story of Neil Baldwin, who became beloved in his home town. Toby Jones, Gemma Jones
8.30 Rialto Selection: James & Isey (2021, M) NZ documentary about James Cross and his mother Isey in the week leading up to Isey's 100th birthday. **TV Films, page 69**
10.00 Eternal Beauty (2019, M) A woman wrestling with her mental health meets an aspiring singer-songwriter. Sally Hawkins
11.35 Instinto Marathon (18) s1ep1-4
5.30am Oranges and Lemons (2020, G) **5.45 Eternal Beauty** (2019, M)

SKY CHANNELS

Vibe SKY 006

6.00 Private Eyes (M) s3ep11 **7.00** Jamestown (16) s1ep8 **7.55** Parenthood Omnibus (M) **12.05** Downton Abbey (M) s6ep9 **1.10** The Drowning (M) s1ep1 **2.00** Judge Judy Omnibus (PG) **4.30** Private Eyes (M) s3ep11 **5.30** Family Finders (M) s1ep11&12 **6.30** The Sounds (M) The locals are dealt a further blow when human remains turn up at Matai Bay. s1ep3 **7.30** ■ Temple Grandin (2010, M) Based on the life of Temple Grandin, an autistic woman who became an expert in the field of animal husbandry. Claire Danes, Catherine O'Hara. **9.35** Harlots (16) Lucy tries to prepare after she is romised to Lord Repton, and Lydia's retaliation might cause complications. s1ep3 **10.35** The Closer Omnibus (M) **2.45am** Programmes continue

BBC UKTV SKY 007

6.00 QI Marathon (M) **7.35** Would I Lie to You? Marathon (M) **9.15** The Bill Marathon (M) **1.25** Casualty (PG) s36ep43 **2.10** Doc Martin (M) s2ep2 **3.00** Holby City (M) s21ep14 **4.05** Grantchester (PG) s6ep5&6 **5.45** Call the Midwife (PG) s7ep4 **6.50** Father Brown (PG) When a troubled soul from the past returns, Father Brown must investigate the new chapter of the Church of Apollo. s9ep4 **7.40** Too Close (M) Forensic psychiatrist Emma Robertson is assigned to assess the sanity of a "yummy mummy" who is accused of a despicable crime. s1ep1 **8.35** Midsomer Murders (M) The fizz goes out of a sparkling wine launch when the glasses are laced with poison. s17ep4 **10.25** All Round to Mrs Brown's (M) s3ep4 **11.25** Who Do You Think You Are? Australia (PG) Former Prime Minister Malcolm Turnbull opens the book on his family history, discovering a mysterious unclaimed fortune. **12.25am** Programmes continue

SoHo SKY 010

6.20 Last Week Tonight with John Oliver (M) s9ep17 **6.55** Mare of Easttown (18) s1ep1 **7.55** I May Destroy You (18) s1ep5 **8.25** The Rising (16) **9.10** Mind Over Murder (18) s1ep5 **10.10** Fear the Walking Dead (18) s7ep12 **10.50** His Dark Materials (PG) s1ep1 **11.45** Last Week Tonight with John Oliver (M) s9ep17 **12.20** Gentleman Jack Marathon (M) s2ep1-7 **7.20** Gentleman Jack (M) During a trip to London, simmering resentments on both sides of Lister and Ann's relationship boil over. s2ep8 **8.30** The Girl Before (16) Emma begins a tentative relationship with Edward, echoing Jane's own relationship with the architect in the present. s1ep2 **9.30** Animal Kingdom (16) Gia visits the Codys with a job opportunity, J works on the finances, and Craig struggles with sobriety. s6ep1 **10.30** Westworld (18) s4ep5 **11.30** Irma Vep (16) s1ep3 **12.30am** Programmes continue

Living SKY 017

6.15 Selling Houses Australia **7.05** Cake Wars (PG) **7.55** Buddy vs. Duff (PG) **8.45** Salvage Hunters Marathon (PG) **12.10** Grand Designs New Zealand (PG) **1.05** Every Family Has a Secret (PG) **2.00** Guy's Grocery Games (PG) **2.55** Tournament of Champions (PG) **3.50** Mystery Diners (PG) **4.45** Restaurant: Impossible (PG) **5.40** Shed and Buried Marathon (PG) **7.30** Penelope Keith's Hidden Villages (PG) In East Anglia, Penelope attends a regatta on the Norfolk Broads and takes to the skies over the village of Little Snoring. **8.30** Love Your Garden: Specials (PG) **9.40** Garden Rescue (PG) **10.40** Escape to the Chateau (PG) **11.30** Guy's Grocery Games (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 Obsession: Dark Desires (M) **7.45** Predator at Large (M) **8.35** Still a Mystery (M) **9.25** Nightmare Next Door (M) **10.20** Twisted Sisters (M) **11.15** A Crime to Remember (M) **12.10** Unraveled: The Long

Island Serial Killer (M) **2.00** American Detective with Lt. Joe Kenda (M) **2.55** American Monster (M) **3.50** Your Worst Nightmare Marathon (M) **8.30** A Crime to Remember (M) **9.30** Finding Andrea (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.40 Zurbarán **8.00** Last Night of the Proms 2020 **9.50** Artists & Love **10.15** Anthems: New Zealand's Iconic Hits (M) **11.00** Stars of the Silver Screen **11.45** The Decisive Moment **Noon** The Merry Widow **1.40** Chu Teh-Chun **2.40** Zurbarán **4.00** Landscape Artist of the Year **4.45** B52's Live at US Festival **5.50** Sgt. Pepper Live (G) Ed Harcourt and members of Supergrass, Libertines and Primal Scream perform the Beatles' album in Paris. **7.00** Parklife **8.30** ■ Love, Deutschmarks and Death (2022, PG) Documentary about the music of Turkish guest workers and their grandchildren in Germany. **10.10** The New Gospel by Milo Rau (G) A retelling of the Passion of Christ. **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Demolition Down Under (PG) **7.45** Outback Opal Hunters Marathon (PG) **12.10** Aussie Salvage Squad (PG) **1.05** Deadliest Catch (M) **2.00** Gold Rush: White Water (M) **2.55** Aussie Gold Hunters (PG) **3.50** Mystery at Blind Frog Ranch Marathon (M) **6.35** Bering Sea Gold (M) **7.30** Building Off the Grid (PG) **8.30** Homestead Rescue (PG) **9.30** Moonshiners (M) **10.30** Blowing Up History (PG) **11.25** NASA's Unexplained Files (PG) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Drain the Oceans (PG) **8.30** Alaska: The Next Generation (PG) **9.30** Inside (PG) **10.30** Car SOS (PG) **11.30** Colossal Machines (PG) **12.30** Something Bit Me! (PG) **1.30** When Sharks Attack (M) **2.30** Shark Attack Files (M) **3.30** Air Crash Investigation: Special Report (M) **4.30** Air Crash Investigation (M) **5.30** Buried Secrets of WWII (PG) **6.30** Unsinkable: Japan's Lost Battleship (PG) **7.30** Drain the Oceans Best ofs (PG) **8.30** Lost Treasures of Egypt (PG) Archaeologists excavate the ancient landscapes of Saqqara, Egypt's oldest necropolis. **9.30** Something Bit Me! (PG) **10.30** Inside (PG) **11.30** Dutch Caribbean Coastguard (PG) **12.30am** Programmes continue

History SKY 073

6.30 The Guns That Changed the Game (PG) **7.30** Secrets of Britain (M) **8.30** Time Team **9.30** Atomic Age Declassified (PG) **10.30** Time Team **11.30** Blood Money: Inside the Nazi Economy (PG) **12.30** American Dynasties: The Kennedys (PG) **1.30** The Guns That Changed the Game (PG) **2.30** Secrets of Britain (M) **3.30** Crusaders (PG) **4.30** Baby Cages (PG) **5.30** Shipwreck Secrets (PG) **6.30** Decoding the Great Pyramid **7.30** Ku Klux Klan: An American Story (16) **8.30** Shark Terror: USS Indianapolis (PG) **9.30** Nuclear Requiem (PG) **10.30** The Whistle-Blowers of WWII (PG) **11.30** Titans of the 20th Century (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero: Character Stories (16) **6.45** Life Below Zero (M) **8.25** 24 Hours in A&E (PG) **10.05** The Planets (PG) **12.05** Wild Landscapes of China (PG) **1.40** Levison Wood: From Russia to Iran (PG) **2.30** Tribes, Animals & Me (PG) **3.25** Wild Kingdom (PG) **4.30** Incredible Journeys with Simon Reeve (M) **5.30** 10 Puppies and Us (PG) **6.35** Animal Impossible (PG) **7.35** Levison Wood: From Russia to Iran (PG) Levison travels from Armenia towards the Caspian Sea. Travelling via the ancient valley of the assassins, he reaches Iran's capital, Tehran. **8.30** The Bear Family & Me (PG) **9.30** Life Below Zero (PG) **10.25** Secrets of Bones (PG) **11.20** Incredible Journeys with Simon Reeve (M) **12.20am** Programmes continue



Vibe: Temple Grandin, 7.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.30 Inside Netball **7.00** PGA Tour, Rocket Mortgage Classic, round 2, from Detroit, **live** **10.00** UFC Fight Week **10.30** NRL, NZ Warriors v Melbourne Storm, highlights **11.00** 1st XV Rugby, St Bede's College v Nelson College, **live** **1.00** Sky GrassRoots Rugby **2.00** Farah Palmer Cup, Bay of Plenty v Auckland, **live** **4.00** Fox Sports News **5.00** Sal's NBL Women, Upper South v Central, from Cowles Stadium, Christchurch, **live** **7.00** West Indies v India, 1st T20, highlights **7.30** Sal's NBL, Canterbury Rams v Southland Sharks, from Cowles Stadium, Christchurch, **live** **9.30** PGA, DP World Tour, Hero Open, round 2, highlights **10.00** LPGA, round 2, highlights **10.30** PGA Tour, round 2, highlights **11.00** 1st XV Rugby, St Bede's College v Nelson College, replay **12.45am** Farah Palmer Cup, Otago v Northland, highlights **1.00** SailGP, Plymouth, day 1, **live** **2.30** Sky GrassRoots Rugby **3.30** West Indies v India, 1st T20, highlights **4.00** IndyCar, Gallagher Grand Prix, **live**

Sky Sport 2 SKY 052

8.00 Sky GrassRoots Rugby **9.00** Sky Speed **9.30** Supercars Championship, replay **11.00** Supercars Championship, The Bend SuperSprint, from Tailem Bend, South Australia, **live** **8.05** Formula E, round 13, practice 2, from London, **live** **8.50** Farah Palmer Cup, Manawatu v Counties Manukau **9.30** Formula E, round 13, qualifying, from London, **live** **11.15** West Indies v India, 1st T20, highlights **11.45** Farah Palmer Cup, Bay of Plenty v Auckland, highlights **12.00am** LPGA, Scottish Open, round 2, highlights **12.30** LPGA, Scottish Open, round 3, from Dundonald Links, Ayrshire, **live** **4.30** UFC Fight Week **4.55** Inside Netball **5.25** W Series, round 5, qualifying, from Hungaroring, Mogyorod, Hungary, **live**

Sky Sport 3 SKY 053

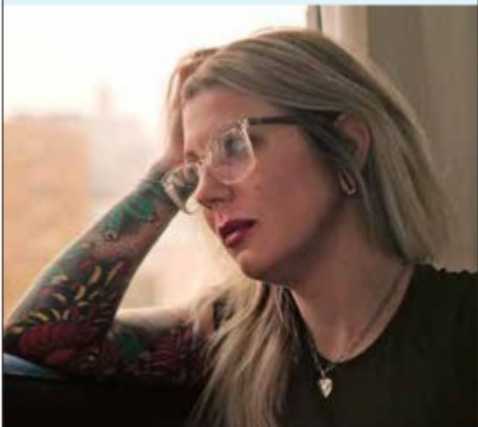
9.30 Ultimate Bowls **10.30** Sal's NBL, Franklin Bulls v Taranaki Airs, replay **12.30** West Indies v India, 1st T20, highlights **1.00** Once a Warrior with Monty Betham **1.30** NRL, NZ Warriors v Melbourne Storm **2.00** NRL, Parramatta Eels v Penrith Panthers **2.30** NSW Cup, Mounties v Western Suburbs Magpies, from Campbelltown Sports Stadium, Sydney, **live** **4.30** NRL, Gold Coast Titans v Canberra Raiders, from Cbus Super Stadium, Gold Coast, **live** **6.55** NRL, Cronulla Sharks v South Sydney Rabbitohs, from PointsBet Stadium, Sydney, **live** **9.25** NRL, Brisbane Broncos v Wests Tigers, from Suncorp Stadium, Brisbane, **live** **12.30am** The Fan **1.00** Farah Palmer Cup, Bay of Plenty v Auckland **1.20** Tour de France Femmes, stage 7, Sélestat to Le Markstein, **live** **4.00** NRL, Gold Coast Titans v Canberra Raiders **4.30** NRL, Cronulla Sharks v South Sydney Rabbitohs, highlights **5.00** PGA Tour, round 3, **live**



Film: **WAITING: THE VAN DUREN STORY**

A *Searching for Sugar Man*-style doco in which two Aussie fans track down a forgotten 1970s genius. Van Duren is perhaps less obscure than *Sugar Man*'s Sixto Rodriguez, but he still faded into obscurity due to a bum record deal and a strange, Scientology-linked record company. Duren was a Memphis power-pop artist who was managed by Rolling Stones impresario Andrew Loog Oldham and whose first album brought comparisons to Paul McCartney. The film follows Australians Greg Carey and Wade Jackson, who were so moved by Duren's songs, they became determined to track him down.

SKY ARTS, 9.10pm



Documentary: **THE MOST HATED MAN ON THE INTERNET**

A three-part series that details the crimes of internet sociopath Hunter Moore, the founder of revenge porn site IsAnyoneUp.com and reveals how a mother, Charlotte Laws, fought back.

NETFLIX

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 **Attitude** (G, R, HD, C, AD)
- 6.25 **Paddington Station** (PG, R, HD, C)
- 7.15 **Tagata Pasifika** (R, HD)
- 7.40 **Praise Be** (G, R, HD, C)
- 8.10 **Secret Scotland** (G, R, HD, C, AD)
- 9.00 **Q+A with Jack Tame** (HD, C) Political interviews and discussions.
- 10.00 **Waka Huia** Māori stories and histories for all New Zealanders.
- 10.30 **Marae** (G, HD)
- 11.00 **The Great British Sewing Bee** (G, R, HD, C, AD)
- Noon **Attitude** (PG, C, AD) James Littlejohn, who lives with partial paraplegia after a motorbike accident, loves mountain biking and is on a mission to help more people with disabilities ride adapted bikes.
- 12.30 **Fair Go** (R, C) With Pippa Wetzell and Hadyn Jones.
- 1.00 **Sunday** (R, C) Miriama Kamo presents current affairs.
- 2.00 **Space Invaders** (G, R, HD, C, AD)
- 3.00 **Extraordinary Escapes** (G, HD, C, AD) In Norfolk, Sandi Toksvig and actor Sunetra Sarker visit an old mill keeper's cottage, go seal spotting and stay in a Victorian pump house. s2ep2
- 4.00 **Susan Calman's Grand Week by the Sea** (G, HD, C, AD) Susan visits Brighton, the south coast resort made famous by George IV. s1ep2
- 5.00 **The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.
- 6.00 **1 News** (HD, C)
- 7.00 **Country Calendar** (G, HD, C, AD) Two sisters share the running of the family sheep and beef farm and keep their own careers going by working part-time elsewhere.
- 7.30 **Sunday** (C) Miriama Kamo presents current affairs.
- 8.30 **George Clarke's Amazing Spaces** (G, HD, C, AD) Chitty Chitty Bang Bang gets an extension on the Isle of Wight, and George visits a Moroccan oasis in the Cotswolds and seeks inspiration for his secret garden studio flat. s10ep2
- 9.35 **This Is Going to Hurt** (M, HD, C, AD) UK medical drama series. Tonight, a grieving Adam faces a tribunal over his malpractice and is no longer sure if he can go on in medicine. s1ep7
- 10.35 **Line of Duty** (16, HD, C, AD) Following the violent attack in prison, Lindsay is granted special dispensation to visit her dying mother. s2ep4
- 11.45 **The Commons** (M, HD, C, AD) s1ep2
- 12.40am - 6.00 **Infomercials** (HD)

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 **Peppa Pig** (G, R, HD, C)
- 6.10 **Kangaroo Beach** (G, R, HD, C)
- 6.20 **Bluey** (G, R, HD, C)
- 6.50 **Care Bears: Unlock the Magic** (G, R, HD, C)
- 7.10 **Thomas Edison's Secret Lab** (G, R, HD, C)
- 7.25 **Ben 10** (G, R, HD, C)
- 7.40 **Bunnicula** (G, R, HD, C)
- 8.05 **SpongeBob SquarePants** (G, R, HD, C)
- 8.30 **What Now?** (G, C) Local kids' show featuring, games, interviews, fun and gunge.
- 9.30 **Home and Away Omnibus** (G, R, HD, C)
- 11.25 **Shortland Street Omnibus** (PG, R, HD, C, AD)
- 2.00 **United States of AI** (PG, HD, C, AD) s2ep11
- 2.25 **B Positive** (PG, HD, C) s2ep4
- 2.55 **Call Me Kat** (PG, HD, C, AD) s2ep7
- 3.20 **The Middle** (G, R, HD, C) s1ep7
- 3.50 **Mr. Bean** (G, R, HD, C, AD) s1ep6
- 4.20 **Cats & Dogs 3: Paws Unite!** (2020, G, R, HD, C, AD) Callum Seagram Airrie, Kirsten Robek, voices of Max Greenfield, Melissa Rauch.
- 6.00 **Wipeout** (G, HD, C) John Cena and Nicole Byer host a US series in which thrillseekers compete in the world's largest extreme obstacle course.
- 7.00 **MasterChef Australia: Fans & Favourites** (G, HD, C, another episode screens tomorrow) Contestants must create a dish using ingredients from Marco Pierre White's array of pantry items that he uses at home.
- 8.30 **Peppermint** (2018, 16, R, HD, C, AD) Five years after her husband and daughter were killed in a senseless act of violence, a woman comes back from self-imposed exile to seek revenge. Jennifer Garner, John Ortiz, John Gallagher Jr, Juan Pablo Raba. **TV Films, page 69**
- 10.25 **Four Weddings and a Funeral** (M, HD, C) Maya feels guilty that her work is forcing her to interact with Ainsley's ex, and Bryce tries to take his professional relationship with Ainsley to the next level. s1ep7
- 11.20 **Death Row Doctors** (M, HD, C)
- 12.10am **License to Kill** (PG, HD, C)
- 1.00 **In Ice Cold Blood** (16, HD, C)
- 1.45 **Demons in the City of Angels** (16, HD, C)
- 2.35 **Girl in the Woods** (16, HD, C)
- 3.30 **B Positive** (G, R, HD)
- 3.50 **2 Tunes**
- 4.00 **Infomercials**
- 4.30 **Religious Programming**
- 5.00 - 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 **Life TV**
- 6.30 **Leading the Way**
- 7.00 **Charles Stanley**
- 8.00 **Life TV**
- 8.30 **Turning Point**
- 9.00 **Extreme Couponing** (PG, R, C) s2ep8
- 9.25 **The Hui** (R, C) With Mihingarangi Forbes.
- 9.55 **Newshub Nation** (C) With Simon Shepherd and Oriini Kaipara.
- 10.55 **Nature's Strangest Mysteries: Solved** (PG, R, C) s1ep11
- 11.20 **What Could Possibly Go Wrong?** (PG, R, C) s1ep1
- Noon **Incredible Engineering Blunders: Fixed** (PG) s1ep4
- 1.00 **Muscle Garage** (PG) s10ep9
- 1.30 **Driven** Coverage of the NZ Rally.
- 2.00 **Monster Jam**
- 3.00 **Suzuki Extreme 4x4** Ten NZ 4x4 trucks battle it out.
- 4.00 **Australian Top Fuel Champs** Round 3, Perth.
- 5.00 **Bondi Lifeguard World Adventures** (PG, R, C) s1ep9
- 5.30 **Piri's Tiki Tour** (G, C) s5ep3
- 6.00 **Newshub Live**
- 7.00 **The Masked Singer NZ** (PG, C) Five more celebrities take to the stage, and the guest judge is Paul Ego.
- 8.30 **Like a Boss** (2020, 16, C) Tiffany Haddish, Rose Byrne. **TV Films, page 69**
- 10.10 **9-1-1** (M, R, C) s4ep3
- 11.05 **Death Row: Countdown to Execution** (M, R, C)
- 12.00am **Infomercials**
- 5.30 - 6.00 **AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

- 6.00 **2022 Commonwealth Games** Coverage of the New Zealand team in Birmingham.
- 9.00 **2022 Commonwealth Games Highlights** (G, C) Action from day 2.
- 10.00 **LPGA Highlights** (G) Evian Championship.
- 11.00 **Sky Grass Roots Rugby** (G)
- Noon **UFC 277 Prelims Live**
- 2.00 **NRL Premiership** (G) Cronulla Sharks v South Sydney Rabbitohs.
- 4.00 **2022 Commonwealth Games Highlights** (G, R, C) Action from day 2.
- 5.00 **Storage Wars** (PG, R, C)
- 5.30 **Prime News**
- 6.00 **American Pickers** (PG, R) Mike and Frank discover classic roadside eateries.
- 7.00 **Storage Wars** (PG, R, C) Jarrod and Brandi find something that sets off sirens.
- 7.30 - 6.00am **2022 Commonwealth Games** (C) Coverage of the New Zealand team in Birmingham.

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes**
8.30 Whānau Bake-Off (G, R)
9.30 Easy Eats (G, R)
10.00 Life of Kai (G, R)
10.30 Moon Tide Fishing (G, R)
11.00 Te Ao Mārama
11.30 Te Ao with Moana (G, R)
Noon Te Ao Tapatahi
12.30 Tagata Pasifika Pacific Island news and current affairs.
1.00 5 Minutes of Fame (G, R)
2.00 ■ Paddington (2014, PG, R) Hugh Bonneville.
3.40 Loading Docs (PG)
4.00 Waka Huia (G, R)
4.30 The Hui (R)
5.00 Indigenous 100 (G, R)
5.30 Te Ao Toa Erena Mikaere and Stacey Fluhler present a sports show.
6.30 Artefact (G, R) Dame Anne Salmond presents a series about important New Zealand artefacts.
7.30 The Disappearing Delta (G, R) Documentary about Louisiana's disappearing coastline.
8.30 ■ Brazil (1985, M) A bureaucrat in a dystopian society becomes an enemy of the state when he pursues the woman of his dreams. Jonathan Pryce, Kim Greist, Robert De Niro, Ian Holm, Bob Hoskins. **TV Films, page 69**
10.00 – 11.00 Tāringa (G, R)

TVNZ DUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today**
7.00 DUKEbox Music
12.35 Superstore (PG, R, HD, C, AD)
2.10 Secrets of the London Underground (G, R, HD, C, AD)
3.00 River Monsters (PG, R, HD, C)
3.55 Xploration: Awesome Planet (G, R, HD)
4.20 Impossible Engineering (G, R, HD, C)
5.15 The Big Bang Theory (G, R, HD, C)
6.00 MythBusters: There's Your Problem! (PG, R, HD)
6.35 Ultimate Rides (G, HD)
7.00 Family Guy (PG, R, C, AD) s9ep8
7.30 The Simpsons (G, R, HD, C, AD) s12ep1
8.30 Great Escapes with Morgan Freeman (G, R, HD, C, AD)
9.25 Top Gear America (PG, HD) The guys take Porsche, Bentley and Lamborghini SUVs to Colorado. s1ep4
10.05 Wheelburn (G, HD) Mike Dawes and Cole Armstrong smoke up Hampton Downs at the GT-R festival. s2ep2
10.35 Raw Recruits (16, R, HD)
11.30 – 1.05am 12 Monkeys (M, HD)



Film: DAMILOLA, OUR LOVED BOY

The story of 10-year-old Damilola Taylor, who was murdered in Peckham in 2000, is approached with sensitivity by writer Levi David Addai and director Euros Lyn, who focus on the Taylor family. The film was nominated for three Baftas, and won two.

RIALTO, 8.30pm

BRAVO

FREEVIEW 4 SKY 012

- 6.00 Top Chef** (PG, R)
9.10 Hollywood Medium with Tyler Henry (PG, R)
10.50 Love It or List It: Vancouver (PG, R)
11.40 Hoarders (PG, R)
12.30 Catfish (PG, R)
1.30 Dog Rescuers (PG, R)
2.30 Rich Kids Go Skint (PG, R)
3.30 Million Dollar Listing NY (PG, R)
6.30 Tiny House Nation (PG)
7.30 ■ Did You Hear About the Morgans? (2009, PG, R, C) An estranged New York City couple must go into witness protection in Wyoming. Hugh Grant, Sarah Jessica Parker
9.30 ■ Forgetting Sarah Marshall (2008, 16, R, C) After he is dumped, a struggling musician finds that his ex is staying in the same hotel in Hawaii with her new man. Jason Segel, Mila Kunis.
11.45 Embarrassing Bodies (M, R, C)
12.40am – 6.00 Infomercials

SKY PREMIERE

SKY 030

- 6.45 The War Below** (2021, M) Tom Goodman-Hill, Sam Hazeldine
8.20 Father of the Bride (2022, PG) Andy Garcia, Gloria Estefan
10.00 Crisis (2020, 16) Gary Oldman, Armie Hammer
11.55 Reminiscence (2021, M) Hugh Jackman, Rebecca Ferguson
1.50 Old (2021, M) Gael Garcia Bernal, Vicky Krieps
3.35 Lake Placid: Legacy (2018, 16) Katherine Barrell
5.05 The Craft: Legacy (2020, M) Cailee Spaeny, Gideon Adlon
6.40 Queenpins (2021, M) Kristen Bell, Kirby Howell-Baptiste
8.30 The Many Saints of Newark (2022, 16) Anthony Soprano grows up in a tumultuous era in Newark as rival gangsters challenge the all-powerful DiMeo crime family. Michael Gandolfini, Ray Liotta, Vera Farmiga **TV Films, page 69**
10.35 Penguin Bloom (2020, M) Naomi Watts
12.15am New Year, New You (2018, 16) **1.40 All My Life** (2020, M) **3.10 The Devil Has a Name** (2021, 16) **4.45 Let Him Go** (2020, M)

EDEN

FREEVIEW 8 SKY 013

- 6.00 Key of David**
6.30 Through the Bible
7.00 Leading the Way
7.30 Animal Cries (PG, R)
8.25 Baked in Vermont (G)
8.50 The Best Thing I Ever Ate (G, R)
9.40 Museum Mysteries (PG, R)
10.30 American Pickers (PG, R)
11.15 Building the Dream (G)
12.05 Craft Wars (PG)
1.05 Best in Food (G)
1.35 Who Wants to Be a Millionaire? UK (G, R)
2.35 My Lottery Dream Home (G, R)
3.05 Dr. Jeff (PG)
4.05 Alex vs America (G)
5.05 Mysteries at the Museum (PG)
6.00 American Pickers (PG)
7.00 Billy Buys Brooklyn (PG)
7.30 The Weakest Link UK (PG)
8.30 ■ The Post (2017, M) Meryl Streep, Tom Hanks. **TV Films, page 69**
10.50 Forged in Fire (PG)
11.45 Flea Market Flip (G)
12.15am – 6.00 Infomercials

MOVIES CLASSICS

SKY 034

- 6.30 Housesitter** (1992, PG) Steve Martin, Goldie Hawn
8.15 Comanche Station (1960, M) Randolph Scott, Nancy Gates
9.32 The Battle of Britain (1969, PG) Michael Caine, Laurence Olivier
11.45 Goodfellas (1990, 16) Robert De Niro, Ray Liotta
2.10 Robinson Crusoe (1954, G) Dan O'Herlihy, Jaime Fernandez
3.40 The Sailor Who Fell from Grace with the Sea (1976, 18) Kris Kristofferson, Sarah Miles
5.25 JFK (1991, M) Kevin Costner, Tommy Lee Jones
8.30 The Remains of the Day (1993, PG) A butler realises too late that his loyalty to his employer has been misguided. Anthony Hopkins, Emma Thompson
10.40 Dressed to Kill (1980, 18) Michael Caine, Angie Dickinson
12.25am Sudden Impact (1983, 16)
2.20 Dementia 13: The Director's Cut (1963, M) **3.30 The Tall T** (1957, G) **4.45 ... and Justice for All** (1979, M)

RUSH

FREEVIEW 14 SKY 024

- 6.00 Tanked** (PG, R)
7.30 Goblin Works Garage (PG, R)
8.20 Alaska: Battle on the Bay (PG, R)
9.05 Treehouse Masters (PG, R)
9.50 Ed Stafford: First Man Out (PG, R)
10.35 Inside West Coast Customs (PG, R)
11.20 Overhaulin' (PG, R)
1.05 Wheeler Dealers Marathon (PG, R)
5.35 Overhaulin' (PG)
6.30 Head Rush (G)
7.30 Goblin Works Garage (PG) The gang hits the UK's biggest car show in Birmingham.
8.25 Iron Resurrection (PG) A 63 Impala with a four speed and legendary 409 engine is brought into the shop.
9.25 Texas Metal (PG)
10.10 Last American Cowboy (M)
11.05 Overhaulin' (PG, R)
11.50 Head Rush (G, R)
12.35am Programmes continue

RIALTO

SKY 039

- 7.20 Meeting the Beatles in India** (2020, PG) Canadian documentary.
8.40 Marvellous (2014, M) Toby Jones, Gemma Jones
10.15 James & Isey (2021, M) NZ documentary.
11.45 Eternal Beauty (2019, M) Sally Hawkins
1.20 I Am Greta (2020, M) Swedish documentary.
3.00 I Used to Go Here (2020, M) Gillian Jacobs
4.30 My Father and Me (2019, M) UK documentary.
6.10 Annette (2021, 16) The lives of a comedian and his opera singer wife take an unexpected turn when their daughter is born. Marion Cotillard, Adam Driver
8.30 Rialto British: Damilola, Our Loved Boy (2016, M) Based on the story of Damilola Taylor, a 10-year-old Nigerian boy who was murdered in London. Wunmi Wosaku
10.00 Incitement (2019, 16) Yehuda Nahari Halevi
12.05am The Capote Tapes (2019, 16) **1.45 Boys Cry** (2018, 16) **3.20 I Am Greta** (2020, M) **5.00 I Used to Go Here** (2020, M)

SKY CHANNELS

Vibe SKY 006

6.45 Family Finders (M) s1ep11&12 **7.45** The Sounds (M) s1ep3 **8.35** Judge Judy Omnibus (PG) **9.55** The Closer Omnibus (M) **2.05** Harlots (16) s1ep3 **2.55** ■ Temple Grandin (2010, M) Claire Danes. **4.50** My Family Secrets Revealed (PG) s1ep15 **5.40** Murder, Mystery and My Family (M) s2ep10 **6.30** How to Lose Weight Well (PG) s4ep5 **7.30** The Cotswolds with Pam Ayres (PG) Pam Ayres reveals both the familiar and the not-so-familiar gems of one of Britain's most beautiful areas, starting in the picturesque village of Bourton-on-the-Water. s1ep1 **8.30** Victoria (M) Despite giving birth to a healthy son, Victoria is paralysed by an inexplicable sorrow, and a tragedy in Coburg plunges Albert into his own private torment. s2ep4 **9.30** Agatha Christie's Marple (M) A detestable businessman is murdered while at work and a handful of rye is found in his pockets. s4ep1 **11.20** My Family Secrets Revealed (PG) s1ep15 **12.15am** Programmes continue

BBC UKTV SKY 007

6.00 The Mallorca Files (PG) s1ep1&2 **7.30** Fawlty Towers (PG) s2ep3 **8.05** Holby City (M) s21ep14 **9.05** EastEnders Marathon (PG) **11.05** The Jonathan Ross Show (M) s17ep4 **11.55** The Graham Norton Show (M) s29ep3 **12.50** 8 Out of 10 Cats Does Countdown (M) **1.40** Midsomer Murders (M) s17ep4 **3.25** Guilt (M) s1ep4 **4.30** Death in Paradise (PG) s10ep1 **5.35** Heartbeat (PG) s18ep5 **6.30** Death in Paradise (PG) s9ep7 **7.35** Doc Martin (M) s2ep3 **8.30** Who Do You Think You Are? (PG) Father and son Jack and Michael Whitehall investigate their family tree. **9.35** Grantchester (PG) When Leonard's cellmate is accused of murdering another inmate, Leonard asks Will and Geordie for their help. s6ep7 **10.25** Grantchester (PG) When a successful music producer is murdered, Geordie is implicated in the investigation and forced to face up to traumatic events from his own past. s6ep8 **11.15** Too Close (M) s1ep1 **12.05am** Programmes continue

SoHo SKY 010

6.25 Gentleman Jack Marathon (M) s2ep1-8 **2.35** Westworld (18) s4ep5 **3.35** The Girl Before (16) s1ep2 **4.35** Animal Kingdom (16) s6ep1 **5.35** Irma Vep (16) s1ep3 **6.35** Baptiste (16) s2ep3 **7.30** The Lazarus Project (16) s1ep5 **8.30** Devils (16) Massimo has to finalise a radical new 5G deal with the EU and reveal the irrefutable truths he has learnt about the threat to democracy. s2ep7 **9.30** The Midwich Cuckoos (16) Susannah attempts to understand the source of the children's violent self-defence reflex, and Paul believes Susannah is exercising an agenda against the children. s1ep4 **10.30** Real Time with Bill Maher (M) s20ep21 **11.30** I Love That for You (M) s1ep7 **12.00am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Love Your Garden (PG) **8.00** Garden Rescue (PG) **8.50** Grow Your Own at Home with Alan Titchmarsh (PG) **9.20** Martha Knows Best (PG) **9.50** Inside the Factory (PG) **10.50** Salvage Hunters: The Restorers (PG) **11.40** Penelope Keith's Hidden Villages (PG) **12.40** Rachael Ray's Week in a Day (PG) **1.35** Girl Meets Farm (PG) **2.00** Cake Wars (PG) **2.55** Buddy vs. Duff (PG) **3.50** Bakers vs. Fakers (PG) **4.45** Spring Baking Championship (PG) **5.40** The Best House in Town (PG) **7.30** Escape to the Chateau (PG) **8.30** Salvage Hunters: The Restorers (PG) **9.30** Paramedics on Scene (PG) **10.30** Cake Wars (PG) **11.20** Buddy vs. Duff (PG) **12.10am** Programmes continue

Investigation Discovery SKY 018

6.05 I (Almost) Got Away with It (M) **7.45** Dead Reckoning (M) **8.35** American Detective with Lt. Joe Kenda (M) **9.25** Nightmare Next Door (M) **10.20** Twisted Sisters (M) **11.15** The Perfect Murder (M)

12.10 Reasonable Doubt (M) **1.05** Chaos in Court (M) **2.00** Bad Henry (M) **3.50** The Co-Ed Killer: Mind of a Monster Marathon (M) **6.35** Finding Andrea (M) **8.30** Predator at Large (M) **9.30** Still a Mystery (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.10 The New Gospel by Milo Rau **8.00** Thaïs (G) Jules Massenet's opera performed by Vienna Radio Symphony Orchestra. **10.15** B52's at US Festival **11.20** Sgt. Pepper Live **12.30** ■ Love, Deutschmarks and Death (2022, PG) **2.10** The New Gospel by Milo Rau **4.00** Daniel Barenboim Conducts Anne-Sophie Mutter & Yo-Yo Ma **6.00** Matt Deighton: Overshadowed **7.05** Other Voices **8.00** Brian and Roger Eno: Live at the Acropolis **9.10** ■ Waiting: The Van Duren Story (2018, G) Two Australian friends rediscover the music of 1970s Memphis musician Van Duren. **10.30** Rock Legends: Tina Turner **11.15** Rock Legends: Billy Idol **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Extreme Ice Machines (PG) **7.45** Contact (PG) **8.35** Deadliest Catch (M) **9.25** Aussie Salvage Squad (PG) **10.20** Mystery at Blind Frog Ranch (M) **11.15** Gold Rush: White Water (M) **12.10** Aussie Gold Hunters (PG) **1.05** Extreme Ice Machines (PG) **2.00** Demolition Down Under Marathon (PG) **7.30** Aussie Gold Hunters (PG) **8.30** Naked and Afraid (M) **9.30** Ed Stafford: First Man Out (PG) **10.30** Naked and Afraid: Alone (M) **11.25** Bering Sea Gold (M) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Superstructures: Engineering Marvels (PG) **7.30** Air Crash Investigation: Special Report (PG) **9.30** Lost Treasures of Egypt (PG) **10.30** Wicked Tuna (PG) **11.30** Dutch Caribbean Coastguard (PG) **12.30** Alaska: The Next Generation (PG) **1.30** Inside Incredible Machines (PG) **2.30** Lost Treasures of Rome (PG) **4.30** Sex in the Stone Age (M) **5.30** Food Factory (PG) **6.30** Air Crash Investigation: Special Report (M) **7.30** Something Bit Me! (PG) **8.30** Explorer (M) How creatures see their environments and what life would be like if we had animals' vision. **9.30** Drain the Oceans Best ofs (PG) **10.30** Alaska: The Next Generation (PG) **11.30** Aussie Snake Wranglers (PG) **12.30am** Programmes continue

History SKY 073

6.30 Nuclear Requiem (PG) **7.30** The Whistle-Blowers of WWII (PG) **8.30** Time Team **9.30** Ku Klux Klan: An American Story (16) **10.30** Shark Terror: USS Indianapolis (PG) **11.30** Nuclear Requiem (PG) **12.30** The Whistle-Blowers of WWII (PG) **1.30** Titans of the 20th Century (M) **2.30** American Epic: Roots Music (PG) **4.30** Bones of the Buddha (PG) **5.30** Combat Ships (PG) **6.30** Abandoned Engineering (PG) **7.30** America's Book of Secrets: The Monuments (PG) **9.30** Sinatra and the Jack Pack (M) **10.30** Blood Money: Inside the Nazi Economy (PG) **11.30** Black Ops (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero (PG) **6.50** The Age of Nature (PG) **7.50** Louis Theroux: Transgender Kids (M) **8.55** Trust Me, I'm a Doctor (PG) **9.50** Tide Marathon (PG) **12.35** The Dog Rescuers with Alan Davies (PG) **2.10** 24 Hours in A&E (PG) **3.50** The Planets (PG) **4.50** Blue Planet (PG) **5.50** Levison Wood: From Russia to Iran (PG) **6.45** Life Below Zero (PG) **7.40** The Dog Rescuers with Alan Davies (PG) **8.30** Waterhole: Africa's Animal Oasis (PG) Remote cameras capture life at a specially-built African waterhole. **9.35** The Planets (PG) Brian Cox explores the remotest part of the solar system. **10.35** Trust Me, I'm a Doctor (PG) **11.35** Tide Marathon (PG) **2.20am** Programmes continue



SoHo: The Midwich Cuckoos, 9.30pm

SKY SPORT

Sky Sport 1 SKY 051

7.00 SailGP, Plymouth, day 1, replay **8.30** Farah Palmer Cup, Bay of Plenty v Auckland, replay **10.30** NRL, Brisbane Broncos v Wests Tigers **11.00** The Fan **11.30** Farah Palmer Cup, Manawatu v Counties Manukau **Noon** Farah Palmer Cup, North Harbour v Hawkes Bay, from North Harbour Stadium, Albany, **live** **2.00** Farah Palmer Cup, Wellington v Waikato, from Porirua Park, Wellington, **live** **4.00** Farah Palmer Cup, Tasman v Taranaki **4.30** Farah Palmer Cup, Otago v Northland **5.00** Sal's NBL, Hawke's Bay Hawks v Manawatu Jets, from Pettigrew Green Arena, Napier, **live** **7.00** SailGP, Plymouth, day 1, highlights **7.30** The Breakdown **8.00** 1st XV Rugby, St Bede's College v Nelson College **8.30** Rugby Nation **9.00** NRL, NZ Warriors v Melbourne Storm **9.30** Formula E, round 14, qualifying, from London, **live** **11.15** Farah Palmer Cup, Wellington v Waikato **11.30** SailGP, Plymouth, day 1, replay **1.00am** SailGP, Plymouth, day 2, **live** **2.30** Fox Sports News **3.30** NRL: Gold Coast Titans v Canberra Raiders; 4.00 Cronulla Sharks v South Sydney Rabbitohs; 4.30 Brisbane Broncos v Wests Tigers **5.00** PGA Tour, Rocket Mortgage Classic, round 4, from Detroit, **live**

Sky Sport 2 SKY 052

6.00 NRL, Gold Coast Titans v Canberra Raiders **6.30** NRL, Cronulla Sharks v South Sydney Rabbitohs, replay **8.30** SailGP, Plymouth, day 1, highlights **9.00** Supercars Championship, The Bend SuperSprint, day 1, replay **10.30** Supercars Championship, The Bend SuperSprint, day 2, from Tailem Bend, South Australia, **live** **8.00** DP World Tour, Hero Open, round 3 **8.30** PGA Tour, round 3 **9.00** LPGA, Scottish Open, round 3 **9.30** The Breakdown **10.00** Rugby Nation **10.30** Farah Palmer Cup, Wellington v Waikato **11.00** 1st XV Rugby, St Bede's College v Nelson College **11.30** Farah Palmer Cup, North Harbour v Hawke's Bay **12.00am** West Indies v India, 1st T20 **12.35** W Series, round 5, from Hungaroring, Mogyorod, Hungary, **live** **1.20** Tour de France Femmes, stage 8, **live** **4.00** Farah Palmer Cup, North Harbour v Hawke's Bay, replay

Sky Sport 3 SKY 053

6.00 PGA Tour, round 3, **live** **10.00** NRL, Cronulla Sharks v South Sydney Rabbitohs **10.30** Cycling, Tour of Poland, stage 1 **12.30** SailGP, Plymouth, day 1 **2.00** PGA Tour, round 3 **2.30** LPGA, round 3 **3.00** NRL, Newcastle Knights v Canterbury-Bankstown Bulldogs, **live** **5.55** NRL, St George Illawarra Dragons v North Queensland Cowboys, **live** **8.00** Sunday Night with Matty Johns, **live** **9.00** World Superbike Championship, round 6, Superpole 2, **live** **10.15** World Superbike Championship, round 6, race 2, from Autodrom Most, Czech Republic, **live** **2.10am** DP World Tour, round 4, **live** **4.30** Canoe Slalom World Championships, replay

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Breakfast (HD, C)** Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
- 9.00 Lingo (G, HD, C)** Adil Ray hosts a UK quiz show.
- 10.00 Tipping Point (G, R, HD, C)** Ben Shephard hosts a UK quiz show.
- 11.00 The Chase (G, R, HD, C)** Bradley Walsh hosts a UK quiz show.
- Noon 1 News (HD, C)**
- 12.30 Emmerdale (PG, HD, C, AD)**
- 1.30 Country Calendar (G, R, HD, C, AD)** Two sisters share the running of the family sheep and beef farm between them and keep their own careers going by working part-time elsewhere.
- 2.00 Ready Steady Cook (G, HD, C)** UK series in which chefs race the clock to create appetising recipes from mystery ingredients.
- 3.00 Tipping Point (G, HD, C)** Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere** A Māori perspective on the day's news and current affairs.
- 4.30 Neighbours (PG, HD, C)** Terese considers Paul's offer to buy her out of the hotel.
- 5.00 The Chase (G, R, HD, C)** Bradley Walsh hosts a UK quiz show.
- 6.00 1 News (HD, C)**
- 7.00 Seven Sharp (HD, C)** Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 Fair Go (C)** Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
- 8.00 Shop Well for the Planet (PG, HD, C, AD)** UK series about shopping and eating better. Tonight, a young family are challenged to cut their carbon footprint and save money. s1ep3
- 9.15 Billy Connolly's Great American Trail (PG, R, HD, C, AD)** Billy Connolly follows the migratory trail of the Scots through American. Tonight, Billy visits Virginia on the trail of bootleggers dealing in moonshine, and learns about the woman who led hundreds of slaves to freedom.
- 10.15 1 News (HD, C)**
- 10.45 Shortland Street (PG, R, C, AD)** Madonna fails a friend, Desi can't let go, and Chris's ruthlessness leads to tragedy.
- 11.15 Keeping Australia Safe (M, HD, C, AD)** s1ep1
- 12.25am Q+A with Jack Tame (R, HD, C)**
- 1.20 Te Karere (R)**
- 1.45 Infomercials**
- 5.35 - 6.00 Te Karere (R)**

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 Les Mills Born to Move (G, R, HD, C)**
- 6.25 Kiri and Lou (G, HD, C, AD)**
- 6.30 Toi Time (G, HD, C, AD)**
- 7.00 Robin Hood: Mischief in Sherwood (G, HD, C)**
- 7.25 The Adventures of Rocky and Bullwinkle (G, R, HD, C)**
- 7.50 Beyblade Burst Surge (G, R, HD, C)**
- 8.10 Ricky Zoom (G, R, HD, C)**
- 8.25 Toi Time (G, R, HD, C, AD)**
- 8.50 Apollo's Tall Tales (G, R, HD, C)**
- 9.05 Infomercials**
- 9.35 Les Mills BodyBalance (G, R, HD, C)**
- 10.05 Home and Away (PG, R, HD, C)**
- 10.35 Shortland Street (PG, R, HD, C, AD)**
- 11.05 Charmed (M, HD, C)**
- Noon Love at the Ranch (2021, PG, HD, C)** Laura Mitchell.
- 1.40 The Drew Barrymore Show (PG, HD, C)**
- 2.35 Superstore (PG, HD, C, AD)**
- 3.00 Sabrina the Teenage Witch (G, HD, C)**
- 3.30 The Feed (PG, HD, C)**
- 5.00 The Simpsons (PG, R, HD, C, AD)** s30ep6
- 5.30 Friends (G, R, HD, C)** s9ep8
- 6.00 Ghosts (PG, HD, C, AD)** When Thorfinn's bones are discovered, he asks Sam to conduct a traditional Viking funeral. s1ep3
- 6.30 Home and Away (PG, C)** Alf must decide between Martha and Summer Bay.
- 7.00 Shortland Street (PG, HD, C, AD)** Madonna fails a friend, Desi can't let go, and Chris's ruthlessness leads to tragedy.
- 7.30 MasterChef Australia: Fans & Favourites (PG, HD, C)** another episode screens tomorrow) Contestants must create a dish that incorporates a burnt element or has the flavour of fire.
- 8.30 Extreme Weddings (M, HD, C)** A medieval wedding is set in a Stonehenge, and on Australia's tallest tower, a couple leap into married life. s1ep7
- 9.30 Naked Attraction (18, HD, C)**
- 10.25 Two and a Half Men (PG, R, HD, C)** s7ep17
- 11.45 2 Broke Girls (M, R, HD, C)** s1ep22
- 12.10am Batwoman (M, HD, C, AD)** s3ep12
- 1.00 Emmerdale (PG, R, HD, C, AD)**
- 1.45 Infomercials**
- 2.45 2 Tunes**
- 2.55 MasterChef Australia (PG, R, HD, C)**
- 3.50 Heroes (M, R, HD, C)**
- 4.35 Neighbours (PG, R, HD, C)**
- 5.00 Infomercials**
- 5.30 - 6.00 Religious Programming**

THREE FREEVIEW 3 SKY 003

- 6.00 AM With Ryan Bridge and Melissa Chan-Green.**
- 9.00 Infomercials**
- 10.30 Gold Rush (PG, R, C)** s7ep14
- 11.30 Newshub Live**
- Noon Ready to Love (M, C)**
- 1.00 A Mother's Terror (2022, M, C)** Jessica Morris, James Hyde, Sarah Navratil.
- 3.00 Dude, You're Screwed (PG, C)** s2ep3
- 3.55 Bath Crashers (G, C)** s7ep7
- 4.30 Newshub Live**
- 5.00 Gold Rush (PG, C)** s7ep15
- 6.00 Newshub Live**
- 7.00 The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
- 7.30 The Block NZ: Redemption (PG, C)** another episode screens tomorrow) The teams tackle the traditionally difficult Bathroom Week.
- 8.35 9-1-1 (M, C)** A woman falls over her balcony, a bike rider is impaled on a stop sign, and Eddie begins therapy. s5ep14
- 9.35 9-1-1: Lone Star (M, C)** There are emergencies at a fast food drive-thru and a high school wrestling match, a case of road rage, and Tommy's estranged brother-in-law makes a surprise appearance. s3ep14
- 10.30 Newshub Late**
- 11.00 Head High (M, R, C)** Local series about rival high school rugby teams and their families. s1ep5
- 11.55 Infomercials**
- 5.30am - 6.00 AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

- 6.00 2022 Commonwealth Games** Coverage of the New Zealand team in Birmingham.
- 9.00 2022 Commonwealth Games Highlights (G, C)** Action from day 3.
- 10.00 SmackDown (PG)**
- 11.00 Big Love (M, C)**
- 12.10 Royal Pains (M)**
- 1.05 House (M, C)**
- 2.00 The Late Show with Stephen Colbert (PG)**
- 3.00 Wheel of Fortune (G)**
- 3.30 Jeopardy (G)**
- 4.00 2022 Commonwealth Games Highlights (G, R, C)** Action from day 3.
- 5.00 Tagata Pasifika (G)**
- 5.30 Prime News**
- 6.00 Rugby Nation (G)**
- 6.30 Storage Wars (PG, R, C)**
- 7.00 Pawn Stars (PG, R)** Rick needs to send out the right signals when a WWII morse code reader comes in.
- 7.30 - 6.00am 2022 Commonwealth Games (C)** Coverage of the New Zealand team in Birmingham.

**Documentary: GREAT BRITISH HISTORY HUNTERS**

If you've seen *Detectorists*, the TV series about two nerdy amateur treasure hunters, you'll have some idea of the characters involved in this new series. However, it's more than a colourful cast of metal detectorists, as it goes behind the scenes to see what happens to finds as they are processed through the British Museum's Portable Antiquities Scheme. There are artefacts going back thousands of years all over Britain and since 1997, the scheme has recorded more than 1.5 million finds, so it's no wonder that the detectorists range from an 11-year-old YouTuber to a war veteran.

HISTORY, 7.30pm

**Drama: CITY ON A HILL**

Kevin Bacon has chewed quite a lot of scenery in this enjoyable Boston-set drama series and in season three, his former FBI agent Jackie Rohr is once again teaming up with ADA Decourcy Ward (Aldis Hodge) to take on a corruption case that could have far-reaching effects on the criminal justice system.

NEON

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.30 Oranga Ngākau (G)
9.00 Easy Eats (G, R)
9.30 Whānau Living (G, R)
10.00 Hāngi Pit Masters (G, R)
10.30 Toi Te Ora (G, R)
11.00 The Disappearing Delta (G, R)
- Noon Te Ao Tapatahi
12.30 Celebrity Playlist (G, R)
1.05 Artefact (G, R)
2.00 Tōku Reo (G, R)
2.35 Ako (G, R)
3.05 Kids' Programmes
5.15 Haka Life (G, R)
5.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Te Arawa (G, R)
6.30 Te Ao Mārama
7.00 Marae Current affairs.
7.30 Chatham Islanders (G, R)
The even more remote Rangihau, or Pitt Island, population 46, is an entirely different world.
- 8.00 Te Ao with Moana (G)
Moana Maniapoto presents a currents affairs show.
- 8.30 Dior and I (2014, M, R)
Documentary about Raf Simon's first haute couture collection as Dior's new artistic director.
- 10.10 Te Ngākau Tapatahi (G, R)
Sir Kim Workman and Sir Joe Williams.
- 10.40 Ki Tua (G, R)
11.10 - 11.40 Te Ao Mārama (R)

Film: THE BIG GUNDOWN

Sergio Sollima wasn't as well known as Sergio Leone, but the three spaghetti westerns he directed are well regarded. The Ennio Morricone scores helped, and because in his films, "bandits, the poor and the exploited become the heroes", says genre expert Marco Giusti.

SKY MOVIES CLASSICS, 3.10pm



BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 Hoarders: Family Secrets (PG, R) s1ep2
11.00 Love It or List It: Vancouver (PG, R)
11.50 Killer Siblings (M, R)
12.50 Tattoo Fixers (M, R)
1.45 Below Deck (M, R)
2.40 Hoarders: Family Secrets (PG, R)
3.35 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 Million Dollar Listing NY (PG, R)
6.30 Love It or List It: Vancouver (PG)
7.30 Snapped (M)
8.30 New York Homicide (16) An adored pillar of the Haitian community in Brooklyn is found murdered.
9.30 Exhumed: Killer Revealed (16) An investigator digs into the death of a mother.
10.30 Killer Siblings (M, R)
11.30 Accident, Suicide or Murder? (M, R)
12.20am - 6.00 Infomercials

EDEN

FREEVIEW 8 SKY 013

- 6.00 Dr. Jeff: Rocky Mountain Vet (PG, R) s1ep9
7.00 The Pioneer Woman (G)
7.30 Valerie's Home Cooking (G)
8.00 Alex Vs America (G, R)
9.00 Museum Mysteries (PG, R)
10.00 American Pickers (PG, R)
10.55 Salvage Dawgs (G)
11.25 Flea Market Flip (G, R)
11.55 Location Location (G)
1.00 Daryl's Restoration Overhaul (G)
1.30 Billy Buys Brooklyn (PG, R)
2.00 The Weakest Link UK (PG, R)
3.00 My Cat from Hell (PG)
4.00 Giada Entertains (G)
4.30 Gino's Italian Express (G)
5.00 Mysteries at the Museum (PG)
6.00 American Pickers (PG)
7.00 Bang on Budget (PG)
8.00 Newshub Live
8.30 Cabins in the Wild (PG)
9.30 Ugly House to Lovely House (PG)
10.30 Bang on Budget (PG, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Alaskan Bush People (PG, R)
6.45 Tanked (PG, R)
7.35 Wheeler Dealers (PG, R)
8.25 Goblin Works Garage (PG, R)
9.20 Iron Resurrection (PG, R)
10.10 Texas Metal (PG, R)
11.00 Alaskan Bush People (PG, R)
11.50 Tanked (PG, R)
12.40 Treehouse Masters (PG, R)
1.25 Homestead Rescue (PG, R)
2.15 Building Alaska (G, R)
3.05 Wheeler Dealers (PG, R)
3.55 Goblin Works Garage (PG, R)
4.50 Alaskan Bush People (PG, R)
5.45 Tanked (PG)
6.35 Wheeler Dealers (PG)
7.30 Ed Stafford: First Man Out (PG)
8.25 Man vs Wild (PG)
9.20 Naked and Afraid (M) Two survivalists attempt 21 days in the Himalayan foothills.
10.15 Alaskan Bush People (PG)
11.05 Tanked (PG, R)
11.55 Wheeler Dealers (PG, R)
12.40am Programmes continue

TVNZDUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
Noon DUKEbox Music
12.20 Two and a Half Men (PG, R, HD, C)
12.45 Everybody Hates Chris (PG, R, HD, C)
1.10 Battlestar Galactica (M, R, HD, C)
2.45 Hunting Aotearoa (PG, R, HD)
3.15 Heavy Rescue 401 (PG, R, HD)
4.05 The Chase Australia (G, C)
4.50 ABC World News (PG)
5.15 Abandoned Engineering (PG, R, HD, C)
6.05 30 Rock (PG, R, HD, C)
6.35 Two and a Half Men (PG, R, HD, C)
7.00 Everybody Hates Chris (PG, HD, C) s4ep8
7.30 The Simpsons (G, R, HD, C, AD) s12ep17
8.30 Family Guy (PG, R, HD, C, AD) s15ep19
9.00 The Office (16, HD, C, AD) s2ep3
9.35 The Orville (M)
11.00 Battlestar Galactica (16, HD, C)
11.50 Robot Chicken (16, HD)
12.15am Aqua Teen Hunger Force (16, HD)
12.40 The Eric Andre Show (M, R, HD)
12.50 - 1.10 ABC World News (PG, R)

SKY PREMIERE

SKY 030

- 6.40 The Call (2020, 16) Lin Shaye, Tobin Bell
8.17 Dawn Raid (2020, M) Local documentary.
9.55 The Mistletoe Secret (2019, PG) Kellie Pickler
11.20 Half Brothers (2020, M) Luis Gerardo Mendez
12.55 Superintelligence (2020, PG) Melissa McCarthy, Bobby Cannavale
2.40 The Unholy (2021) (2021, M) Jeffrey Dean Morgan
4.20 The Conjuring 3: The Devil Made Me Do It (2021, 16) Patrick Wilson, Vera Farmiga
6.10 Dear Evan Hansen (2021, M) A high schooler with crippling anxiety looks for acceptance amid the chaos of the social media age. Ben Platt, Kaitlyn Dever
8.30 West Side Story (2021, M) A romance between teens from rival gangs on Manhattan's Upper West Side adds fuel to the fire. Ansel Elgort, Rachel Zegler
11.15 The King's Man (2021, 16) Ralph Fiennes
1.25am Out of Death (2021, 16) Alone (2020, 16) 4.37 The Space Between (2021, M)

MOVIES CLASSICS

SKY 034

- 6.40 Forever Young (1992, PG) Mel Gibson, Jamie Lee Curtis.
8.20 Fail Safe (1964) (1964, PG) Henry Fonda, Walter Matthau
10.10 Captain Apache (1971, PG) Lee Van Cleef, Carroll Baker
11.45 Gilda (1946, PG) Glenn Ford, Rita Hayworth
1.35 Sweet Smell of Success (1957, PG) Tony Curtis, Burt Lancaster
3.10 The Big Gundown (1967, M) Lee Van Cleef, Tomas Milian
4.40 Dead Man Walking (1995, 16) Sean Penn, Susan Sarandon
6.40 Hamburger Hill (1987, M) Based on the story of the brutal battle for Hill 937 in Vietnam. Don Cheadle, Dylan McDermott
8.30 Heat (1995, 16) A career criminal considers getting out of the business after one last score, while an obsessive cop desperately tries to put him behind bars. Al Pacino, Robert De Niro
11.20 Flatliners (1990, M) Kiefer Sutherland, Julia Roberts
1.15am Basic Instinct (1992, 18) Forever Young (1992, PG) 5.00 A Fish Called Wanda (1988, M)

RIALTO

SKY 039

- 6.30 My Father and Me (2019, M) UK documentary.
8.10 Foods for Coping (2020, M) Joan Liu, Jessie Yu
8.25 Annette (2021, 16) Marion Cotillard, Adam Driver
10.40 Incitement (2019, 16) Yehuda Nahari Halevi
12.45 Cardinal (M) s4ep1&2
2.15 We Are Conjola (2020, M) Australian documentary.
4.05 My Big Gay Italian Wedding (2018, M) Salvatore Esposito
5.35 Flannery (2019, M) US documentary.
7.00 Underdogs (2020, M) Two corpse collectors journey through the streets of a forgotten city. Johann Myers
8.30 Rialto World: Dear Comrades! (2020, 16) In 1962, workers from a small industrial town go on strike when the communist government raises food prices. Yuliya Vysotskaya
TV Films, page 69
10.35 The Promise (M) s1ep1
11.30 Above Suspicion (2019, 16) Emilia Clarke, Jack Huston
1.15am L'Opera (16) s1ep1&2 2.55 We Are Conjola (2020, M) 4.45 My Big Gay Italian Wedding (2018, M)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s4ep8 **6.50** Judge Judy (PG) **7.15** The Closer (M) s4ep1 **8.05** The Mysteries of Laura (M) s1ep7 **8.50** The Good Wife (M) s1ep4 **9.40** Covert Affairs (M) s1ep4 **10.30** Judge Judy (PG) **11.15** Agatha Christie: Marple (M) s4ep1 **1.00** My Family Secrets Revealed (PG) s1ep15 **2.00** The Closer (M) s4ep1 **2.50** The Mysteries of Laura (M) s1ep7 **3.40** The Good Wife (M) s1ep4 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s4ep8 **6.30** Covert Affairs (M) s1ep4 **7.30** The Supervet (PG) s6ep11 **8.30** Ambulance (16) s6ep7 **9.30** Inside the Operating Theatre (M) s1ep12 **10.30** The Good Wife (M) s1ep4 **11.20** Judge Judy (PG) **11.50** The Supervet (PG) s6ep11 **12.50am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (M) **6.35** QI (M) **7.10** Richard Osman's House of Games Night (PG) s1ep3 **7.40** The Bill (M) **8.30** A Touch of Frost (M) s5ep4 **10.20** Father Brown (M) s1ep6 **11.10** Doc Martin (PG) s9ep1 **Noon** Midsomer Murders (PG) s19ep4 **1.35** The Bill (M) **2.25** New Tricks (M) s3ep1 **3.25** 8 Out of 10 Cats Does Countdown (PG) **4.20** The Jonathan Ross Show (PG) s15ep15 **5.15** Who Do You Think You Are? Australia (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.30** Death in Paradise (PG) An archaeologist is poisoned during a dig, and Neville tests his skills in an island crab-cooking competition. s10ep2 **9.40** The Trial of Christine Keeler (M) s1ep1 **10.45** Keeping Faith (M) s1ep1 **11.50** Midsomer Murders (PG) s19ep4 **1.25am** Programmes continue

SoHo SKY 010

6.10 Baptiste (16) s2ep3 **7.05** The Lazarus Project (16) s1ep5 **7.50** Devils (16) s2ep7 **8.45** The Midwich Cuckoos (16) s1ep4 **9.35** Real Time with Bill Maher (M) s20ep21 **10.35** Rap Sh!t (16) s1ep1 **11.10** Baptiste (16) s2ep3 **12.10** Devils (16) s2ep7 **1.05** The Midwich Cuckoos (16) s1ep4 **1.55** Real Time with Bill Maher (M) s20ep21 **2.55** I Love That for You (M) s1ep7 **3.25** Rap Sh!t (16) s1ep1 **4.00** Work in Progress (16) s1ep2 **4.30** Mayans M.C. (16) s2ep10 **5.40** Britannia (18) s2ep4 **6.25** I Hate Suzie (M) s1ep2 **7.00** Black Monday (16) s2ep3 **7.30** Last Week Tonight with John Oliver (M) s9ep18 **8.05** Made for Love (16) s2ep6 **8.35** Westworld (18) s4ep6 **9.35** Ice on Fire (2019, M) Documentary focusing on solutions to the climate crisis. **11.30** The Outsider (16) s1ep9 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Mexican Made Easy (PG) **8.05** House Hunters (PG) **9.00** Long Lost Family Uk Christmas Reunion (PG) **10.10** Every Family Has a Secret (PG) **11.05** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It UK (PG) **12.50** Location Location Location Australia (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Mexican Made Easy (PG) **4.45** Every Family Has a Secret (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It UK (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Selling Houses Australia (PG) **9.30** The Great Hotel Escape (PG) **10.30** Grand Designs New Zealand (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Your Worst Nightmare (M) **6.55** American Monster (M) **7.45** American Detective with Lt. Joe Kenda (M) **8.35** Reasonable Doubt (M) **9.25** Nightmare Next Door (M) **10.20** Grave Secrets (M) **11.15** The Perfect Murder (M) **12.10** Your Worst Nightmare (M) **1.05** Obsession: Dark Desires (M) **2.00** I (Almost) Got Away with It (M) **2.55** Betrayed (M) **3.50** Pandora's Box: Unleashing Evil (M) **4.45** Your Worst Nightmare (M) **5.40** Finding Andrea

(M) **7.30** Evil Lives Here (M) **8.30** American Monster (M) **9.30** Evil Lives Here (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Rock Legends: Tina Turner **7.15** Rock Legends: Billy Idol **8.00** Daniel Barenboim Conducts Anne-Sophie Mutter & Yo-Yo Ma **10.00** Matt Deighton: Overshadowed **11.05** Other Voices **Noon** Brian & Roger Eno Live at the Acropolis **1.10** Waiting: The Van Duren Story (2018, G) **2.30** Rock Legends: Tina Turner **3.15** Rock Legends: Billy Idol **4.00** Classical Destinations with Simon Callow **4.30** The Liberators (G) Documentary medieval artifacts stolen by the Nazis that were found in Texas. **5.40** The Directors: Fritz Lang **6.25** The Directors: Howard Hawkes **7.10** The Great Pottery Throw Down **8.00** Off Camera **9.00** Truman & Tennessee: an Intimate Conversation (2020, G) **10.30** Put Some Colour in Your Life Marathon **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Rise of the Machines (M) **7.45** Homestead Rescue (PG) **8.35** Gold Rush: White Water (M) **9.25** Aussie Gold Hunters (PG) **10.20** Gold Rush: Dave Turin's Lost Mine (M) **11.15** Extreme Ice Machines (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** Mysteries at the Museum (PG) **2.00** Naked and Afraid (M) **2.55** Alaskan Bush People (M) **3.50** Gold Rush: White Water (M) **4.45** Homestead Rescue (PG) **5.40** Outback Opal Hunters (PG) **6.35** Aussie Gold Hunters (PG) **7.30** Demolition Down Under (PG) **8.30** Extreme Ice Machines (PG) **10.30** Expedition Unknown (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

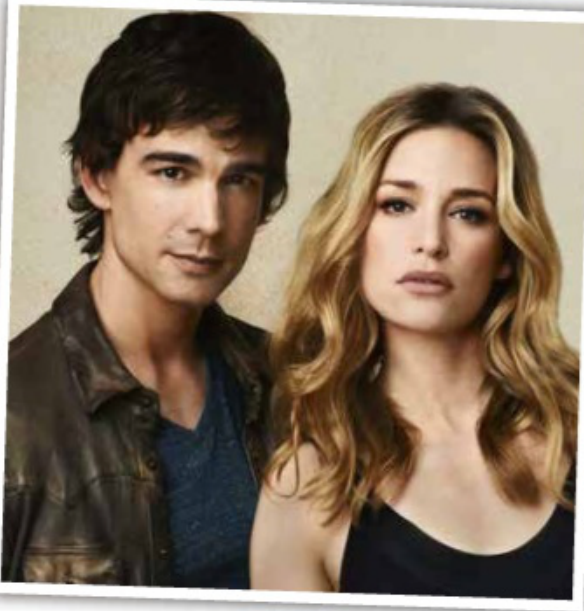
6.00 Aussie Snake Wranglers (PG) **6.30** Mega Factories **7.30** When Sharks Attack (M) **8.30** Shark Attack Files (M) **9.30** Air Crash Investigation: Special Report (M) **10.30** Air Crash Investigation (M) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Megastructures **2.30** Colossal Machines (PG) **3.30** Superstructures: Engineering Marvels (PG) **4.30** Hitler's Last Stand (PG) **6.30** Hunting Alaskan Dinosaurs (PG) **7.30** Alaska: The Next Generation (PG) **8.30** Free Solo (PG) **10.30** Drain the Oceans Best ofs (PG) **11.30** Inside Incredible Machines (PG) **12.30am** Programmes continue

History SKY 073

6.30 Sinatra and the Jack Pack (M) **7.30** Blood Money: Inside the Nazi Economy (PG) **8.30** Time Team **9.30** America's Book of Secrets: The Monuments (PG) **11.30** Sinatra and the Jack Pack (M) **12.30** Blood Money: Inside the Nazi Economy (PG) **1.30** History's Raiders (PG) **2.30** Auschwitz: Nazis & the Final Solution (M) **3.30** Gladiators of WWII (PG) **4.30** The Abyss: The Rise & Fall of the Nazis (PG) **5.30** Families That Changed the World (PG) **6.30** Time Team **7.30** Great British History Hunters (PG) **8.30** Roman Megastructures (PG) **9.30** Secrets of Henry VIII's Royal Palace (PG) **10.30** Long Tan: The True Story (M) **11.30** The Australian SAS: The Untold History (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Wildest Places (PG) **6.55** Life Below Zero (M) **7.45** Where the Wild Men Are (M) **8.35** Earth from Space (PG) **9.30** Meet the Humans (M) **10.25** The Dog Rescuers (PG) **11.15** 24 Hours in A&E (PG) **12.05** Attenborough's Natural Curiosities (PG) **12.30** The Hunt (PG) **1.25** Earth from Space (PG) **2.20** Wildest Places (PG) **3.15** Oceans (PG) **4.10** Meet the Humans (M) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Life Below Zero (M) **9.25** Where the Wild Men Are (M) s9ep6 **10.20** Seven Worlds, One Planet (PG) **11.20** Oceans (PG) **12.15am** Programmes continue



Vibe: Covert Affair, 6.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 PGA Tour, Rocket Mortgage Classic, round 4, from Detroit, **live** **10.00** Farah Palmer Cup, Wellington v Waikato, replay **Noon** Farah Palmer Cup, Bay of Plenty v Auckland, highlights **12.30** Sal's NBL Women, Upper South v Cental, replay from Cowles Stadium, Christchurch **2.30** Supercars, replay **7.00** Sal's NBL Women, Upper South v Lower South, from Queenstown Events Arena, **live** **9.00** Rugby Nation **9.30** AFL 360, **live** **11.00** World Supercars Championship, highlights **12.00am** Formula E, round 13, London, highlights **1.00** Formula E, round 14, London, highlights **2.00** Nascar, Verizon 200, replay from Indianapolis Motor Speedway Road Course **5.15** West Indies v India, 2nd T20, from Warner Park, St Kitts, **live**

Sky Sport 2 SKY 052

6.00 Nascar, Verizon 200, from Indianapolis Motor Speedway Road Course, **live** **9.30** D1NZ National Drifting Championship, grand final, from Baypark Speedway, Tauranga, highlights **10.30** Cycling, Tour of Poland, stage 2, Chełm to Zamość, replay **12.30** Formula E, round 13, replay from London **2.30** Formula E, round 14, replay from London **4.30** D1NZ National Drifting Championship, grand final, from Baypark Speedway, Tauranga, replay **7.30** SailGP, Plymouth, day 1, highlights **8.00** SailGP, Plymouth, day 2, highlights **8.30** NRL 360, **live** **9.30** Benji, **live** **10.00** 1st XV Rugby, St Bede's College v Nelson College, replay **11.45** D1NZ National Drifting Championship, grand final, from Baypark Speedway, Tauranga, highlights **12.45am** Fox Sports News **1.55** World Athletics Championships U20s, day 1, from Santiago de Cali, Colombia, session 1, **live** **5.45** W Series, round 5, qualifying, replay from Hungaroring, Mogyorod, Hungary

Sky Sport 3 SKY 053

6.00 Canoe Slalom World Championships, replay **8.05** Sal's NBL, Hawke's Bay Hawks v Manawatu Jets, replay **10.00** NRL, Newcastle Knights v Canterbury-Bankstown Bulldogs, replay from McDonald Jones Stadium, Newcastle **Noon** NRL, St George Illawarra Dragons v North Queensland Cowboys, replay **2.00** Sunday Night with Matty Johns **3.00** DP World Tour, round 4, highlights **3.30** LPGA, round 4, highlights **4.00** PGA Tour, round 4, highlights **4.30** Canoe Slalom World Championships, replay **6.00** SailGP, Plymouth, day 2, replay **7.30** Ultimate Bowls **8.35** Cycling, Tour of Poland, stage 3, Kraśnik to Przemyśl, **live** **3.30am** NRL 360 **4.00** ATP 500, Citi Open, from Washington, **live** **4.30** Benji **5.00** NRL, St George Illawarra Dragons v North Queensland Cowboys, highlights **5.30** NRL, Parramatta Eels v Penrith Panthers, highlights



Documentary: **LAST BATTLE OF THE VIKINGS**

How regimes fell is almost more interesting than how they rose, and in this documentary underwater archaeologist Dr Jon Henderson explains how the Vikings' influence over Scotland came to an end. It began with the fight over the Hebrides, known as Innse Gall, between Alexander II of Scotland and Haakon IV of Norway. There were running battles on the islands, but after Alexander's death, his son Alexander III was determined to finish his father's work. On October 2, 1263, the brutal Battle of Largs was the beginning of the end of the Vikings in Scotland.

HISTORY, 9.30pm



Reality: **THE GREAT POTTERY THROW DOWN**

The UK show is screening on Eden, but is also handily available on ThreeNow. It's season three from 2020, presented by Melanie Sykes and with judges Keith Brymer Jones and Sue Pryke. Brymer Jones has become known for his tendency to burst into tears, but he's also pretty tough.

THREENOW

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Breakfast (HD, C)** Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
- 9.00 Lingo (G, HD, C)** Adil Ray hosts a UK quiz show.
- 10.00 Tipping Point (G, R, HD, C)** Ben Shephard hosts a UK quiz show.
- 11.00 The Chase (G, R, HD, C)** Bradley Walsh hosts a UK quiz show.
- Noon 1 News (HD, C)**
- 12.30 Emmerdale (PG, HD, C, AD)** Gabby worries about a visit from Social Services, Jai is upset, and Sandra realises that she needs to tread carefully.
- 1.00 Hollyoaks (PG, C, AD)** A shocking decision from the McQueens keeps John Paul away from Matthew-Jesus, and Sienna extends an olive branch to Liberty.
- 2.00 Ready Steady Cook (G, HD, C)** UK series in which chefs race the clock to create appetising recipes from mystery ingredients.
- 3.00 Tipping Point (G, HD, C)** Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere** A Māori perspective on the day's news and current affairs.
- 4.30 Neighbours (PG, HD, C)** Terrified for his safety, David's support crew fight to get him out of the maximum-security prison.
- 5.00 The Chase (G, R, HD, C)** Bradley Walsh hosts a UK quiz show.
- 6.00 1 News (HD, C)**
- 7.00 Seven Sharp (HD, C)** Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 Eat Well for Less NZ (PG, C, AD)** Michael Van de Elzen and Ganesh Raj help Kiwi families shop better. Tonight, the Pretschere whānau are struggling to ensure their girls meet their nutritional needs and just want some harmony at the dinner table. s3ep6
- 8.30 Unbreakable (G, HD, C, AD)** Local series following remarkable individuals as they pursue their life goals. Tonight, Cody and Jess dream of becoming parents, and Jaimee sets on becoming a hairdresser.
- 9.30 Coronation Street (PG, C, AD)**
- 10.30 1 News (HD, C)**
- 11.00 Shortland Street (PG, R, C, AD)**
- 11.30 Sunday (R, C)**
- 12.25am Royals Declassified (PG, R, HD, C)** s1ep2
- 1.15 Te Karere (R)**
- 1.40 Infomercials**
- 5.30 - 6.00 Te Karere (R)**

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 Les Mills Born to Move (G, R, HD, C)**
- 6.25 Kiri and Lou (G, HD, C, AD)**
- 6.30 Toi Time (G, HD, C, AD)**
- 7.00 Robin Hood: Mischief in Sherwood (G, HD, C)**
- 7.25 The Adventures of Rocky and Bullwinkle (G, R, HD, C)**
- 7.50 Beyblade Burst Surge (G, R, HD, C)**
- 8.10 Ricky Zoom (G, R, HD, C)**
- 8.25 Toi Time (G, R, HD, C, AD)**
- 8.50 Apollo's Tall Tales (G, R, HD)**
- 9.05 Infomercials**
- 9.35 Les Mills BodyCombat (G, R, HD, C)**
- 10.00 Home and Away (PG, R, C)**
- 10.30 Shortland Street (PG, R, HD, C, AD)**
- 11.00 Charmed (M, HD, C)**
- Noon Styled with Love (2022, G, HD, C)** Cory Lee.
- 1.40 The Drew Barrymore Show (PG, HD, C)**
- 2.35 Superstore (PG, HD, C, AD)**
- 3.00 Sabrina the Teenage Witch (G, HD, C)**
- 3.30 The Feed (PG, HD, C)**
- 3.35 K-Pop Academy (G, HD, C, AD)** s2ep2
- 5.00 The Simpsons (PG, R, HD, C, AD)** s30ep7
- 5.30 Friends (G, R, HD, C)** s9ep9
- 6.00 The Big Bang Theory (PG, R, HD, C, AD)** s6ep8
- 6.30 Home and Away (PG, C)** Mac glams up for a new guy, and Lyrik wins a gig, but loses a star.
- 7.00 Shortland Street (PG, HD, C, AD)** TK severs ties with Chris, Madonna lets a friend go, and Viv hires a dud.
- 7.30 MasterChef Australia: Fans & Favourites (PG, HD, C, AD)** another episode screens tomorrow) In an elimination pressure test, the contestants must cook a dish based on a review written by judge Melissa Leong.
- 8.35 NCIS: Hawai'i (M, C)** On a day out sailing with his daughter, Jesse's yacht is seized by pirates. s1ep15
- 9.25 SEAL Team (M, HD, C, AD)** As Bravo confronts family obstacles, the team is sent to Africa on a mission, and when the intel alters their plan, they find themselves in a rush to prevent a major terrorist attack. s5ep4
- 10.20 CSI: Crime Scene Investigation (16, HD, C)** s5ep3
- 12.15am Chapelwaite (16, HD, C)** s1ep4
- 1.05 Emmerdale (PG, R, HD, C, AD)**
- 1.30 Infomercials**
- 2.30 MasterChef Australia (G, R, HD, C)**
- 3.25 Heroes (M, R, HD, C)** s1ep21
- 4.10 B Positive (PG, R, HD, C)** s1ep5
- 4.35 Neighbours (PG, R, HD, C)**
- 5.00 - 6.00 Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 AM With Ryan Bridge and Melissa Chan-Green.**
- 9.00 Infomercials**
- 10.30 Gold Rush (PG, R, C)** s7ep15
- 11.30 Newshub Live**
- Noon Ready to Love (M, C)**
- 1.05 Crazy, Rich and Deadly (2020, M, C)** Natasha Wilson, Gina Vitori, Houston Rhines.
- 3.00 Dude, You're Screwed (PG, C)** s2ep4
- 3.55 Bath Crashers (G, C)** s7ep8
- 4.30 Newshub Live**
- 5.00 Gold Rush (PG, C)** s7ep16
- 6.00 Newshub Live**
- 7.00 The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
- 7.30 The Block NZ: Redemption (PG, C, AD)** another episode screens tomorrow) Timing is everything during Bathroom week, and the famous Block NZ Plank Walk challenge returns.
- 8.35 NCIS (M, C)** A mishap at a petty officer's gender-reveal party leads NCIS to the case of a missing teacher that was popularised on a true-crime podcast. s19ep16
- 9.30 NCIS: Los Angeles (M, C)** The team help a naval intelligence officer locate a colleague who went missing while recruiting foreign assets. s13ep17
- 10.25 Newshub Late**
- 10.55 The Hui (C)** With Mihingarangi Forbes.
- 11.30 Newshub Nation (C)**
- 12.35am Infomercials**
- 5.30 - 6.00 AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

- 6.00 2022 Commonwealth Games** Coverage of the New Zealand team in Birmingham.
- 9.00 2022 Commonwealth Games Highlights (G, C)** Action from day 4.
- 10.00 The Breakdown (G)**
- 10.35 Jeopardy (G, R)**
- 11.00 Big Love (M, C)**
- 12.10 Royal Pains (M)**
- 1.05 House (M, C)**
- 2.00 The Late Show with Stephen Colbert (PG)**
- 3.00 Wheel of Fortune (G)**
- 3.30 Jeopardy (G)**
- 4.00 2022 Commonwealth Games Highlights (G, R, C)** Action from day 4.
- 5.00 WhichCar (G, R, C)**
- 5.30 Prime News**
- 6.00 Storage Wars (PG, R, C)**
- 7.00 Pawn Stars (PG, R)** Rick crushes on a rare first edition of Nabokov's controversial novel Lolita.
- 7.30 - 6.00am 2022 Commonwealth Games (C)** Coverage of the New Zealand team in Birmingham.

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.00 Tribe (G, R)
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 He Kākano (G, R)
10.30 Toi Te Ora (G, R)
11.00 Chatham Islanders (G, R)
11.35 Te Ngākau Tapatahi (G, R)
Noon Te Ao Tapatahi
12.30 **Dior and I** (2014, M, R)
French documentary.
1.30 Tōku Reo (G, R)
2.35 Ako (G, R)
3.05 Kids' Programmes
5.15 Haka Life (G, R)
5.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Te Arawa (G, R)
6.30 Te Ao Mārama
7.00 Up 2 (G) Piri Weepu and Tamati Ellison meet some of our sporting heroes.
7.30 David Rocco's Dolce South East Asia (G) Phnom Penh.
8.00 Moon Tide Fishing (PG)
Nore and his cousin Kurtis head out mullet netting.
8.30 Deadly Australians (G)
Series about dangerous Australian creatures.
9.30 Hunting Aotearoa (PG) Pete is in the Matira region with Phillip Bullivant.
10.00 **Michif Country** (G) Series about the Michif community of St Laurent, Manitoba.
10.30 Piri's Tiki Tour (PG, R)
11.00 - 11.30 Te Ao Mārama (R)

TVNZ DUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
Noon DUKEbox Music
12.20 Two and a Half Men (PG, R, HD, C)
12.45 Everybody Hates Chris (R, HD, C)
1.05 Battlestar Galactica (M, R, HD, C)
2.45 Hunting Aotearoa (PG, R, HD)
3.15 Heavy Rescue 401 (PG, R, HD)
4.05 The Chase Australia (G, C)
4.50 ABC World News (PG)
5.15 Abandoned Engineering (G, R, HD, C)
6.05 30 Rock (PG, R, HD, C)
6.35 Two and a Half Men (PG, R, HD, C)
7.00 Everybody Hates Chris (PG, HD, C) s4ep9
7.30 The Simpsons (G, R, HD, C, AD) s12ep19
8.30 **Assassin's Creed** (2016, M, R, HD, C, AD) Michael Fassbender.
10.35 Battlestar Galactica (16, HD, C)
11.25 Russell Howard Live from the Bloomsbury Theatre (16, R, HD, C)
12.40am - 1.05 ABC World News (PG, R)



Film: A WOMAN'S NAME

If the #MeToo movement has reached as far as Italy, then things really have changed. In this drama, a rest home worker (Cristiana Capotondi) takes on her harassing boss, but with little support from nearly everyone around her, including the other workers.

RIALTO, 2.15pm

BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 Hoarders: Family Secrets (PG, R)
10.55 Love It or List It: Vancouver (PG, R)
11.50 Killer Siblings (M, R)
12.50 Tattoo Fixers (M, R)
1.45 Below Deck (M, R)
2.40 Hoarders: Family Secrets (PG, R)
3.30 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 Million Dollar Listing NY (PG, R)
6.30 Love It or List It: Vancouver (PG)
7.30 Rich Kids Go Skint (M)
19-year-old James is studying at the UK's most expensive university.
8.30 The Real Housewives of Beverly Hills (M)
9.30 Below Deck Down Under (M)
10.30 Killer Siblings (M, R)
11.30 Accident, Suicide or Murder? (M, R)
12.20am - 6.00 Infomercials

SKY PREMIERE

SKY 030

- 6.15 Christmas Movie Magic (2021, PG) Holly Deveaux
7.40 The Fallout (2021, 16) Jenna Ortega, Maddie Ziegler
9.15 2 Hearts (2020, M) Jacob Elordi, Tiera Skovbye
10.55 Snake Eyes: G.I. Joe Origins (2021, M) Henry Golding
12.55 The Dry (2020, 16) Eric Bana, Genevieve O'Reilly
2.50 Penguin Bloom (2020, M) Naomi Watts
4.25 The Little Things (2021, M) Denzel Washington
6.30 South of Heaven (2021, 16)
After his release from prison, a guy vows to give his dying fiancée the best year of her life. Jason Sudeikis
8.30 Falling for Figaro (2021, M) An American fund manager travels to the Scottish Highlands to train as an opera singer. Danielle Macdonald, Joanna Lumley
10.20 Nobody (2021, 16) Bob Odenkirk, Connie Nielsen
11.50 Charm City Kings (2020, 16) Jahi Di'Allo Winston
1.55am Every Breath You Take (2021, 16) 3.40 In the Heights (2021, PG)

EDEN

FREEVIEW 8 SKY 013

- 6.00 My Cat from Hell (PG, R)
7.00 The Pioneer Woman (G)
7.30 Valerie's Home Cooking (G)
8.00 Giada Entertains (G, R)
8.30 Gino's Italian Express (G, R)
9.00 Museum Mysteries (PG, R)
10.00 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Ugly House to Lovely House (PG, R)
1.00 Cabins in the Wild (PG, R)
2.00 Bang on Budget (PG, R)
3.00 My Cat from Hell (PG)
4.05 James Martin: Islands to Highlands (G)
5.05 Mysteries at the Museum (PG)
6.00 American Pickers (PG)
7.00 Great Southern Truckers (PG)
8.00 Newshub Live
8.30 How to Save a Grand in 24 Hours (G)
9.30 Escape to the Chateau: DIY (G)
10.30 Great Southern Truckers (PG, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

MOVIES CLASSICS

SKY 034

- 6.45 The Key (1958, PG) William Holden, Sophia Loren
8.50 Castle Keep (1969, M) Burt Lancaster, Patrick O'Neal
10.35 Anzio (1968, PG) Robert Mitchum, Peter Falk
12.30 Rob Roy (1995, M) Liam Neeson, Jessica Lange
2.45 The Vikings (1958, PG) Kirk Douglas, Tony Curtis
4.40 The Story of G.I. Joe (1945, PG) Robert Mitchum
6.25 McLintock! (1963, PG)
McLintock tries to keep the peace between ranchers, land-grabbers, Native Americans and corrupt government officials. John Wayne, Maureen O'Hara
8.30 Night of the Creeps (1986, 16) Two teenagers release an alien brain parasite that turns its hosts into killer zombies. Jason Lively, Steve Marshall
10.05 Groundhog Day (1993, PG) Bill Murray, Andie MacDowell
11.45 Buck and the Preacher (1972, M) Sidney Poitier, Harry Belafonte
1.25am The Sailor Who Fell from Grace with the Sea (1976, 18) 3.10 Bite the Bullet (1975, PG) 5.20 Anzio (1968, PG)

RUSH

FREEVIEW 14 SKY 024

- 6.00 Alaskan Bush People (PG, R)
6.45 Tanked (PG, R)
7.35 Wheeler Dealers (PG, R)
8.20 Ed Stafford: First Man Out (PG, R)
9.10 Man vs Wild (PG, R)
10.00 Naked and Afraid (M, R)
10.50 Alaskan Bush People (PG, R)
11.35 Tanked (PG, R)
12.25 Inside West Coast Customs (PG, R)
1.15 Kindig Customs (PG, R)
2.05 Street Outlaws: No Prep Kings (M, R)
2.55 Wheeler Dealers (PG, R)
3.50 Ed Stafford: First Man Out (PG, R)
4.45 Alaskan Bush People (PG, R)
5.40 Tanked (PG)
6.35 Wheeler Dealers (PG)
7.30 Alaska: Battle on the Bay (PG)
8.25 Edge of Alaska (M)
9.20 Deadliest Catch (M)
10.10 Alaskan Bush People (PG)
11.05 Tanked (PG, R)
11.50 Wheeler Dealers (PG, R)
12.40am Programmes continue

RIALTO

SKY 039

- 6.15 Flannery (2019, M) US documentary.
7.40 Underdogs (2020, M) Johann Myers
9.10 Above Suspicion (2019, 16) Emilia Clarke, Jack Huston
10.55 We Are Conjola (2020, M) Australian documentary.
12.45 Cardinal (M) s4ep3&4
2.15 A Woman's Name (2018, M) Cristiana Capotondi
3.45 The Fantasy Makers (2017, PG) Canadian documentary.
5.10 The Man in the Hat (2020, PG) Ciaran Hinds
6.50 Arsene Wenger: Invincible (2021, M) UK documentary.
8.30 The Promise (M) Sarah wants to connect the disappearance of Charlotte Meyer to that of Fanny Vidal. s1ep2
9.25 Asia (2020, M) A teenager's relationship with her mother intensifies after she falls ill. Shira Haas, Alena Yiv
10.55 The United Way (2021, PG) UK documentary.
12.30am L'Opera (16) s1ep3&4 2.00 Working Class (2020, PG) 2.15 A Woman's Name (2018, M) 3.45 The Fantasy Makers (2017, PG) 5.10 The Man in the Hat (2020, PG)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s4ep9 **6.50** Judge Judy (PG) **7.15** The Closer (M) s4ep2 **8.05** The Mysteries of Laura (M) s1ep8 **8.50** The Good Wife (M) s1ep5 **9.40** Covert Affairs (M) s1ep5 **10.30** Judge Judy (PG) **11.15** Ambulance (16) s6ep7 **12.15** Inside the Operating Theatre (M) s1ep12 **1.05** The Supervet (PG) s6ep11 **2.00** The Closer (M) s4ep2 **2.50** The Mysteries of Laura (M) s1ep8 **3.40** The Good Wife (M) s1ep5 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s4ep9 **6.30** Covert Affairs (M) s1ep5 **7.30** Frankie Drake Mysteries (M) s4ep6 **8.30** Vera (M) s2ep3 **10.15** The Good Wife (M) s1ep5 **11.15** Judge Judy (PG) **11.45** Frankie Drake Mysteries (M) s4ep6 **12.45am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (M) **6.35** QI (M) **7.10** EastEnders (PG) **7.40** The Bill (M) **8.30** A Touch of Frost (M) s6ep1 **10.20** Father Brown (M) s1ep7 **11.10** Doc Martin (PG) s9ep2 **Noon** Midsomer Murders (PG) s19ep5 **1.35** The Bill (M) **2.25** New Tricks (M) s3ep2 **3.25** 8 Out of 10 Cats Does Countdown (PG) **4.20** The Jonathan Ross Show (M) s16ep1 **5.15** Who Do You Think You Are? Australia (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Heartbeat (PG) The rivalry between two brass bands gets out of hand and one of the musicians is hospitalised. s18ep6 **9.30** Father Brown (PG) Father Brown joins forces with Flambeau to search for a lost treasure in a 15th-century castle. s9ep5 **10.25** Doc Martin (M) s5ep5 **11.20** Midsomer Murders (PG) s19ep5 **12.55am** Programmes continue

SoHo SKY 010

6.40 I Hate Suzie (M) s1ep2 **7.15** Atlanta's Missing and Murdered: The Lost Children (18) s1ep5 **8.15** Last Week Tonight with John Oliver (M) s9ep18 **8.50** Ice on Fire (2019, M) **10.25** Made for Love (16) s2ep6 **10.55** Westworld (18) s4ep6 **11.55** Atlanta's Missing and Murdered: The Lost Children (18) s1ep5 **12.55** I Hate Suzie (M) s1ep2 **1.35** What We Do in the Shadows (16) s3ep10 **2.05** Last Week Tonight with John Oliver (M) s9ep18 **2.40** The Outsider (16) s1ep9 **3.30** The Righteous Gemstones (16) s1ep1 **4.30** Work in Progress (16) s1ep3 **5.00** Absentia (16) s3ep1 **5.45** Britannia (18) s2ep5 **6.30** Billions (18) s5ep7 **7.30** The Undoing (18) s1ep2 **8.30** Fear the Walking Dead (18) s7ep13 **9.30** Irma Vep (16) Mira courts offers from her agent and the production's financier. s1ep4 **10.30** Mind Over Murder (18) True crime docuseries. s1ep5 **11.30** The Nevers (16) s1ep3 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Mexican Made Easy (PG) **8.05** House Hunters (PG) **9.00** The Great Hotel Escape (PG) **10.00** Selling Houses Australia (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It UK (PG) **12.50** Grand Designs New Zealand (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Mexican Made Easy (PG) **4.45** Selling Houses Australia (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It UK (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Salvage Hunters (PG) **9.30** Salvage Hunters: The Restorers (PG) **10.30** Escape to the Country (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Your Worst Nightmare (M) **6.55** Predator at Large (M) **7.45** Dead Reckoning (M) **8.35** Deadline: Crime with Tamron Hall (M) **9.25** Nightmare Next Door (M) **10.20** Grave Secrets (M) **11.15** The Perfect Murder (M) **12.10** Your Worst Nightmare (M) **1.05** Obsession: Dark Desires (M) **2.00** I (Almost) Got Away with It (M) **2.55** Betrayed (M) **3.50**

Pandora's Box: Unleashing Evil (M) **4.45** Your Worst Nightmare (M) **5.40** American Monster (M) **6.35** Evil Lives Here (M) **8.30** NY Post Investigates (M) **9.30** Finding Andrea (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Put Some Colour in Your Life Marathon **8.00** Classical Destinations with Simon Callow **8.30** The Liberators **9.40** The Directors: Fritz Lange **10.25** The Directors: Howard Hawkes **11.10** The Great Pottery Throw Down **Noon** Off Camera **1.00** Truman & Tennessee: an Intimate Conversation (2020, G) **2.30** Put Some Colour in Your Life Marathon **4.00** Klimt & Schiele: Eros and Psyche (2018, G) **5.35** Put Some Colour in Your Life **6.00** Speakeasy: Billy Gibbons & Eric Holland **7.00** Photos That Changed the World **7.45** Grayson Perry's Big American Road Trip (PG) **8.30** Landscape Artist of the Year **9.15** The Live Revival (PG) **10.00** Grethe Meyer: Queen of Danish Design **11.00** Off Camera **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Rise of the Machines (M) **7.45** Homestead Rescue (PG) **8.35** Airplane Repo (M) **9.25** Fast N' Loud (M) **10.20** Extreme Ice Machines (PG) **11.15** Gold Rush: Dave Turin's Lost Mine (M) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** Mysteries at the Museum (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Gold Rush: White Water (M) **4.45** Homestead Rescue (PG) **5.40** Outback Opal Hunters (PG) **7.30** Aussie Gold Hunters (PG) **8.30** Mysteries at the Museum (PG) **9.30** Mystery at Blind Frog Ranch (M) **10.30** Contact (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Hunting Alaskan Dinosaurs (PG) **7.30** Alaska: The Next Generation (PG) **8.30** Free Solo (PG) **10.30** Drain the Oceans Best ofs (PG) **11.30** Inside Incredible Machines (PG) **12.30** Air Crash Investigation (PG) **1.30** Megastructures **2.30** Alaska: The Next Generation (PG) **3.30** Original Sin (M) **4.30** Mine Kings (M) **6.30** Superships: Giants of the Seas (PG) **7.30** Shark Attack Files (M) **8.30** Dutch Caribbean Coastguard (PG) **9.30** Wicked Tuna (PG) **10.30** Buried Secrets of WWII (PG) **11.30** WW2 Hell Under the Sea (M) **12.30am** Programmes continue

History SKY 073

6.30 Secrets of Henry VIII's Royal Palace (PG) **7.30** Long Tan: The True Story (M) **8.30** Time Team **9.30** Families That Changed the World (PG) **10.30** Time Team **11.30** Great British History Hunters (PG) **12.30** Roman Megastructures (PG) **1.30** History's Raiders (PG) **2.30** Scorched Earth (PG) **3.30** Gladiators of WWII (PG) **4.30** The Abyss: The Rise & Fall of the Nazis (16) **5.30** A Royal Tour of the 20th Century (PG) **6.30** Time Team **7.30** Shark Terror: USS Indianapolis (PG) **8.30** Around the World by Train with Tony Robinson (PG) **9.30** Last Battle of the Vikings (PG) **10.30** Britain's Lost Battlefields (PG) **11.30** Prohibition (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Wildest Places (PG) **6.55** Life Below Zero (M) **7.45** Where the Wild Men Are (PG) **8.35** Earth from Space (PG) **9.30** Secrets of Bones (PG) **10.25** The Dog Rescuers (PG) **11.15** 24 Hours in A&E (PG) **12.05** Attenborough's Natural Curiosities (PG) **12.30** Seven Worlds, One Planet (PG) **1.25** Earth from Space (PG) **2.20** Wildest Places (PG) **3.15** Oceans (PG) **4.10** Secrets of Bones (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Incredible Journeys with Simon Reeve **9.35** Louis Theroux: By Reason of Insanity (M) **10.40** Seven Worlds, One Planet (PG) **11.35** Oceans (PG) **12.30am** Programmes continue



National Geographic: Dutch Caribbean Coastguard, 8.30pm

SKY SPORT

Sky Sport 1 SKY 051

9.30 NRL 360 **10.30** Benji **11.00** Cycling, Tour of Poland, stage 3, replay **1.00** Farah Palmer Cup, Tasman v Taranaki, replay from Trafalgar Park, Nelson **3.00** Farah Palmer Cup, Otago v Northland, replay from Forsyth Barr Stadium, Dunedin **5.00** Farah Palmer Cup, North Harbour v Hawke's Bay, highlights **5.30** Farah Palmer Cup, Wellington v Waikato, highlights **6.00** AFL Weekly **6.30** ATP 500, Citi Open, match of the day **8.00** Sky Speed **8.30** Aotearoa Rugby Pod **9.00** Farah Palmer Cup, Tasman v Taranaki, highlights **9.30** The Back Page **10.30** West Indies v India, 2nd T20, highlights **11.00** Aotearoa Rugby Pod **11.30** Rugby Nation **12.00am** NRL Try Time **1.00** NRL 360 **2.00** Matty Johns Face to Face **2.30** NSW Cup, Mounties v Western Suburbs Magpies, replay **4.45** West Indies v India, 2nd T20, highlights **5.15** West Indies v India, 3rd T20, from Warner Park, St Kitts, **live**

Sky Sport 2 SKY 052

6.20 1st XV Rugby, St Bede's College v Nelson College, highlights **6.50** The Breakdown **7.20** Rugby Nation **7.50** World Athletics Championships U20s, day 1, from Santiago de Cali, Colombia, **live** **11.45** Ultimate Bowls **12.45** 1st XV Rugby, St Bede's College v Nelson College, replay **2.30** AFL on the Couch **3.30** NRL, Gold Coast Titans v Canberra Raiders, highlights **4.00** NRL, Newcastle Knights v Canterbury-Bankstown Bulldogs, highlights **4.30** NRL, St George Illawarra Dragons v North Queensland Cowboys, highlights **5.00** NRL 360 **6.00** Benji **6.30** PGA Tour Highlights **7.30** NRL Try Time **8.30** NRL 360, **live** **9.30** Matty Johns Face to Face **10.15** Cycling, Tour of Poland, stage 4, **live** **3.30** NRL, Brisbane Broncos v Wests Tigers, replay **4.00am** ATP 500, Citi Open, from Washington, **live** **5.30** NRL, St George Illawarra Dragons v North Queensland Cowboys, highlights

Sky Sport 3 SKY 053

6.00 TBA **1.00** D1NZ National Drifting Championship, grand final, highlights **2.00** World Supercars Championship, The Bend SuperSprint, highlights **3.00** W Series, round 5, qualifying, replay from Hungaroring, Mogyorod, Hungary **3.35** West Indies v India, 2nd T20, replay from Warner Park, St Kitts **7.30** Sal's NBL, Wellington Saints v Nelson Giants, from TSB Arena, Wellington, **live** **9.30** AFL 360, **live** **10.30** IndyCar, Gallagher Grand Prix, highlights **11.30** World Superbike Championship, round 6, race 1, highlights **12.00am** World Superbike Championship, round 6, race 2, highlights from Autodrom Most, Czech Republic **12.50** World Athletics Championship U20s, day 1, highlights from Santiago de Cali, Colombia **1.50** World Athletics Championship U20s, day 2, session 1, from Santiago de Cali, Colombia, **live**

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (HD, C) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.

9.00 **Lingo** (G, HD, C) Adil Ray hosts a UK quiz show in which contestants compete to work out words on grids and puzzlewords.

10.00 **Tipping Point** (G, R, HD, C) Ben Shephard hosts a UK quiz show.

11.00 **The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.

Noon **1 News** (HD, C)

12.30 **Emmerdale** (PG, C, AD)

1.00 **Hollyoaks** (PG, HD, C, AD) Wendy scrambles to protect her plans, Eric sets his sights on another of Hollyoaks' teens, and Charlie and Sienna work at making amends with their loved ones.

2.00 **Coronation Street** (PG, R, C, AD)

3.00 **Tipping Point** (G, HD, C) Ben Shephard hosts a UK quiz show.

4.00 **Te Karere** A Māori perspective on the day's news and current affairs.

4.30 **Neighbours** (PG, HD, C) Everyone's horrified to learn what's happened to David, and despondency sets in as his loved ones realise they can't help him.

5.00 **The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.

6.00 **1 News** (HD, C)

7.00 **Seven Sharp** (HD, C) Hilary Barry and Jeremy Wells present current affairs and entertainment.

7.30 **Give Us a Clue** (PG, HD, C) Paula Bennett present a local celebrity charades game, with team leaders Tom Sainsbury and Hilary Barry. Tonight, Kerre Woodham, Edna Swart and Iyia Lyi are on Hilary's team, while Tom is joined by Rhys Mathewson, Jonny Brugh and Sam Bunkall (includes Lotto at 8.20pm).

8.30 **Location Location Location** (G, HD, C) Kirstie Allsopp and Phil Spencer present a UK realty series. Tonight, in the Home Counties, Kirstie helps Harvie and Ranjit, and Phil helps Zosia and David find their first home. s25ep6

9.35 **Coronation Street** (PG, C, AD)

10.35 **1 News** (HD, C)

11.05 **Shortland Street** (PG, R, C, AD)

11.35 **Transplant** (M, HD, C)

12.25am **Under the Dome** (M, HD, C)

1.10 **Te Karere** (R)

1.35 **Infomercials**

5.30 - 6.00 **Te Karere** (R)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, HD, C)

6.25 **Kiri and Lou** (G, HD, C, AD)

6.30 **Toi Time** (G, HD, C, AD)

7.00 **Robin Hood: Mischief in Sherwood** (G, HD, C)

7.25 **The Adventures of Rocky and Bullwinkle** (G, R, HD, C)

7.45 **Beyblade Burst Surge** (G, R, HD, C)

8.10 **Ricky Zoom** (G, R, HD, C)

8.20 **Toi Time** (G, R, HD, C, AD)

8.50 **Apollo's Tall Tales** (G, R, HD)

9.00 **Infomercials**

9.30 **Les Mills BodyAttack** (G, R, HD, C)

10.00 **Home and Away** (PG, R, C)

10.30 **Shortland Street** (PG, R, HD, C, AD)

11.00 **Charmed** (M, HD, C)

Noon **How to Find Forever** (2022, G, HD, C) Erin Agostino.

1.45 **The Drew Barrymore Show** (PG, HD, C)

2.35 **Superstore** (PG, HD, C, AD)

3.00 **Sabrina the Teenage Witch** (G, HD, C)

3.30 **The Feed** (PG, HD, C)

5.00 **The Simpsons** (PG, R, HD, C, AD) s30ep8

5.30 **Friends** (G, R, HD, C) s9ep10

6.00 **The Big Bang Theory** (PG, R, HD, C, AD) s6ep9

6.30 **Home and Away** (PG, C) A Summer Bay star is born, Ziggy and Justin clash over Theo's dreams, and Felicity brings her boss game to Salt.

7.00 **Shortland Street** (PG, HD, C, AD) TK is pulled up by a surprise announcement, Chris overcomes his nanny fears, and Monique's plan goes south.

7.30 **MasterChef Australia: Fans & Favourites** (G, HD, C, another episode screens tomorrow) In a service challenge, teams must curate a three-course menu for either a Japanese or Italian restaurant.

8.35 **Taskmaster NZ** (16, C, AD) Jeremy Wells and Paul Williams set bizarre tasks for a group of comedians. s3ep5

9.35 **Guessable** (M, HD, C, AD) Sara Pascoe and team captains Alan Davies and Darren Harriott welcome Rose Matafeo, Emily Atack, Jamie Laing and Jason Manford into the loft to play guessing games. s2ep7

10.30 **Girls5eva** (M, R, HD, C, AD)

11.40 **Question Team** (M, R, HD, C, AD)

12.30am **Wentworth** (16, R, HD, C)

1.20 **Emmerdale** (PG, R, C, AD)

1.45 **Infomercials**

2.40 **MasterChef Australia** (G, R, HD, C)

3.50 **Heroes** (16, R, HD, C)

4.35 **Neighbours** (PG, R, HD, C)

5.00 - 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM With Ryan Bridge and Melissa Chan-Green.**

9.00 **Infomercials**

10.30 **Gold Rush** (PG, R, C) s7ep16

11.30 **Newshub Live**

Noon **Ready to Love** (M, C)

1.00 **Paralyzed by Danger** (2021, M, C) Jessica Morris, Anna Marie Dobbins.

3.00 **Dude, You're Screwed** (PG, C) s2ep5

3.55 **Bath Crashers** (G, C) s7ep9

4.30 **Newshub Live**

5.00 **Gold Rush** (PG, C) s7ep17

6.00 **Newshub Live**

7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.

7.30 **The Block NZ: Redemption** (PG, C) Some teams struggle in the race against time and each other.

8.35 **Sort Your Life Out NZ** (PG, C) Kanoa Lloyd, Sean Brown and Natalie Jane Help Kiwis declutter. Tonight, Kanoa and the team come to the rescue of Nichola, whose seemingly tidy house conceals a mass of clutter. s1ep7

9.35 **This Time Next Year Australia** (PG, C) Karl Stefanovic hosts a series featuring everyday Aussies tackling monumental personal goals over the course of a year. s1ep7

10.35 **Newshub Late**

11.05 **NRL Try Time** Lara Pitt showcases the best tries from the week's NRL action.

12.10am **Infomercials**

5.30 - 6.00 **AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **2022 Commonwealth Games** Coverage of the New Zealand team in Birmingham.

9.00 **2022 Commonwealth Games Highlights** (G, C) Action from day 5.

10.00 **American Pickers** (G, R)

11.00 **Big Love** (M, C)

12.10 **Royal Pains** (M)

1.05 **House** (M, C)

2.00 **The Late Show** (PG)

3.00 **Wheel of Fortune** (G)

3.25 **Jeopardy** (G)

3.50 **2022 Commonwealth Games Highlights** (G, R, C) Action from day 5.

4.55 **The Hui** (G)

5.30 **Prime News**

6.00 **Sky Speed** (G)

6.30 **Storage Wars** (PG, R, C)

7.00 **Pawn Stars** (PG, R) Corey and Chumlee consider buying one of the first video game consoles, a Magnavox Odyssey 200.

7.30 - 6.00am **2022 Commonwealth Games** (C) Coverage of the New Zealand team in Birmingham.



Drama: **THE ARRANGEMENT**

Who doesn't love a soapy, overheated melodrama? This E! channel show throws every Hollywood rumour about Tom Cruise and Katie Holmes' relationship at the screen. It's about the marriage between a huge action star called Kyle West (Josh Henderson) and relatively unknown starlet Megan (Christine Evangelista), which has been arranged by the Institute of the Higher Mind, to which Kyle has ceded control of his life. But let's not get too carried away: series creator Jonathan Abrahams says there are plenty of rumours about arranged marriages, and "by the way, that goes back to the golden age of Hollywood".

TVNZ+



Factual: **HEAVY TOW TRUCKERS DOWN UNDER**

Ice Road Truckers certainly spawned a genre and it's perhaps unsurprising that the terrains of Australia and Aotearoa would make programme-makers' eyes light up. This new series follows five trucking companies dealing with perilous weather and difficult environments. **DISCOVERY, 7.30pm**

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 David Rocco's Dolce South East Asia (G, R)
10.30 Toi Te Ora (G, R)
11.00 Piri's Tiki Tour (PG, R)
11.30 Moon Tide Fishing (PG, R)
Noon Te Ao Tapatahi
12.30 Deadly Australians (G, R)
1.30 Tōku Reo (G, R)
2.35 Ako (G, R)
3.05 Kids' Programmes
5.15 Haka Life (G, R)
5.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Te Arawa (G, R) Te Hui Ahurei o Ngā Uri a Atuamatua, from Rotorua.
6.30 Te Ao Mārama
7.00 Waiata Nation II (G, R) Hamo Dell uses her song Kōkā to delve into her new role as a mother and to empower other wāhine.
7.30 The New Zealanders (G, R) Documentary series featuring quirky locations and characters.
8.30 The Jane Austen Book Club (2007, M, R) Six Californians start a club to discuss the works of Jane Austen. Maria Bello, Emily Blunt, Kathy Baker. **TV Films, page 69**
10.20 Sidewalk Karaoke (G, R)
10.50 - 11.20 Te Ao Mārama (R)

TVNZDUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
Noon DUKEbox Music
12.20 Two and a Half Men (PG, R, HD, C)
12.45 Everybody Hates Chris (PG, R, HD, C)
1.10 Battlestar Galactica (PG, R, HD, C)
2.45 Hunting Aotearoa (PG, R, HD)
3.10 Heavy Rescue 401 (PG, R, HD)
4.05 The Chase Australia (G, C)
4.50 ABC World News (PG)
5.15 Abandoned Engineering (PG, R, HD, C)
6.05 30 Rock (PG, R, HD, C)
6.35 Two and a Half Men (PG, R, HD, C)
7.00 Everybody Hates Chris (PG, HD, C) s4ep10
7.30 The Simpsons (G, R, HD, C, AD) s12ep21
8.30 Police: Hour of Duty (16, HD) UK series following officers in Derbyshire. s1ep3
9.25 Secret Nazi Bases (PG, HD, C)
10.20 Battlestar Galactica (M, HD, C)
11.10 Grimm (16, HD)
12.45am - 1.05 ABC World News (PG, R)

Film: THE MAN PUTIN COULDN'T KILL

The frightening title sounds like a dare and as Alexei Navalny now languishes in some godawful high-security prison somewhere in Russia, probably untrue. This UK documentary looks at Navalny's opposition to the Putin regime and, of course, his attempted murder by poisoning. **RIALTO, 8.30pm**



BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 Hoarders: Family Secrets (PG, R)
11.00 Love It or List It: Vancouver (PG, R)
11.50 Killer Siblings (M, R)
12.50 Tattoo Fixers (M, R)
1.45 Below Deck (M, R)
2.35 Hoarders: Family Secrets (PG, R)
3.30 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 Million Dollar Listing NY (PG, R)
6.30 Love It or List It: Vancouver (PG)
7.30 Dog Rescuers (PG)
8.30 24 Hours in Emergency (M) Two-year-old Freddie has jammed his thumb in a door.
9.30 911 Crisis Center (M) Trainee Matt must prove his ability to navigate the night shift.
10.00 911 Crisis Center (M)
10.30 Killer Siblings (M, R)
11.30 Accident, Suicide or Murder? (M, R)
12.20am - 6.00 Infomercials

EDEN

FREEVIEW 8 SKY 013

- 6.00 My Cat from Hell (PG, R)
7.00 The Pioneer Woman (G)
7.30 Valerie's Home Cooking (G)
8.00 James Martin: Islands to Highlands (G, R)
9.05 Museum Mysteries (PG, R)
10.00 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Escape to the Chateau: DIY (G, R)
1.00 How to Save a Grand in 24 Hours (G, R)
2.05 Great Southern Truckers (PG, R)
3.05 My Cat from Hell (PG)
4.05 Giada in Italy (G)
5.05 Mysteries at the Museum (PG)
6.00 American Pickers (PG)
7.00 The Great Pottery Throw Down (PG)
8.00 Newshub Live
8.30 Our Wildest Dreams (PG)
9.30 Idris Elba: No Limits (PG)
10.30 The Great Pottery Throw Down (M, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Alaskan Bush People (PG, R)
6.45 Tanked (PG, R)
7.35 Wheeler Dealers (PG, R)
8.20 Alaska: Battle on the Bay (PG, R)
9.10 Edge of Alaska (M, R)
10.00 Deadliest Catch (M, R)
10.50 Alaskan Bush People (PG, R)
11.40 Tanked (PG, R)
12.30 Mysteries of the Deep (PG, R)
1.20 Expedition Unknown (PG, R)
2.05 NASA's Unexplained Files (PG, R)
3.00 Wheeler Dealers (PG, R)
3.50 Alaska: Battle on the Bay (PG, R)
4.45 Alaskan Bush People (PG, R)
5.40 Tanked (PG)
6.35 Wheeler Dealers (PG)
7.30 Treehouse Masters (PG)
8.25 Homestead Rescue (PG)
9.20 Building Alaska (G)
10.10 Alaskan Bush People (PG)
11.05 Tanked (PG, R)
11.55 Wheeler Dealers (PG, R)
12.45am Programmes continue

SKY PREMIERE

SKY 030

- 6.05 Out of Death (2021, 16) Bruce Willis, Jaime King
7.40 Words on Bathroom Walls (2020, M) Charlie Plummer
9.30 Unpregnant (2020, M) Haley Lu Richardson
11.15 12 Mighty Orphans (2021, M) Luke Wilson, Martin Sheen
1.10 Let Them All Talk (2020, M) Meryl Streep
3.02 The Courier (2020) (2020, M) Benedict Cumberbatch
4.52 Moonshot (2022, M) Cole Sprouse, Zach Braff
6.35 Reminiscence (2021, M) A private investigator of the mind helps his clients access lost memories. Hugh Jackman, Rebecca Ferguson
8.30 Castle Falls (2021, 16) Three parties attempt to retrieve a stash of stolen cash that is hidden in a hospital slated for demolition. Dolph Lundgren, Scott Adkins **TV Films, page 69**
10.05 Candyman (2021) (2021, 16) Abdul-Mateen II
11.35 Gully (2021, 18) Kelvin Harrison Jr, Charlie Plummer
1.00am Spiral: From the Book of Saw (2021, 18) 2.35 Come Play (2020, M) 4.10 Crisis (2020, 16)

MOVIES CLASSICS

SKY 034

- 7.15 The House That Dripped Blood (1971, M) Christopher Lee, Peter Cushing
8.55 The Magnificent Seven (1960, PG) Yul Brynner, Steve McQueen
11.00 Robinson Crusoe (1954, G) Dan O'Herlihy
12.30 It's a Mad, Mad, Mad, Mad World (1963, G) Spencer Tracey, Milton Berle
3.00 Saint Joan (1957) (1957, PG) Jean Seberg, Richard Widmark
4.50 Magnum Force (1973, 16) Clint Eastwood, Hal Holbrook
6.50 Valley Girl (1983, 16) A sweet-natured girl from the Valley falls for a boy from the wrong side of the tracks. Deborah Foreman, Nicolas Cage
8.30 A Bridge Too Far (1977, PG) In an attempt to stave off a German advance, American and British troops hatch a strategic plan. James Caan, Michael Caine
11.25 China Girl (1987, 18) Richard Panebianco, Sari Chang
12.55am The Bodyguard (1992, M)
3.00 The Defiant Ones (1958, PG)
5.05 Young Winston (1972, G)

RIALTO

SKY 039

- 6.50 Arsene Wenger: Invincible (2021, M) UK documentary.
8.30 The Promise (M) s1ep2
9.25 Asia (2020, M) Shira Haas
10.55 Working Class (2020, PG) Kathleen Burns
11.10 The United Way (2021, PG) UK documentary.
12.45 Cardinal (16) s4ep5&6
2.15 You Cannot Kill David Arquette (2020, 16) US documentary.
3.45 Herself (2020, 16) Clare Dunne
5.20 Girls Can't Surf (2020, M) Australian documentary.
7.05 Streamline (2021, 16) A 15-year-old swimming prodigy self-destructs after his father is released from prison. Jason Isaacs
8.30 The Man Putin Couldn't Kill (2021, M) UK documentary about the Russian plot to kill politician Alexei Navalny.
10.00 God of the Piano (2019, M) Naama Preis
11.25 The Oratorio (2020, PG) US/Italian documentary.
12.35am L'Opera (M) s1ep5&6 2.15 You Cannot Kill David Arquette (2020, 16) 3.45 God of the Piano (2019, M) 5.10 Herself (2020, 16)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s4ep10 **6.50** Judge Judy (PG) **7.15** The Closer (M) s4ep3 **8.05** The Mysteries of Laura (M) s1ep9 **8.55** The Good Wife (M) s1ep6 **9.45** Covert Affairs (M) s1ep6 **10.35** Judge Judy (PG) **11.25** Vera (M) **1.10** Frankie Drake Mysteries (M) s4ep6 **2.00** The Closer (M) s4ep3 **2.50** The Mysteries of Laura (M) s1ep9 **3.40** The Good Wife (M) s1ep6 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s4ep10 **6.30** Covert Affairs (M) s1ep6 **7.30** Hitmen (M) s1ep3&4 **8.30** Outlander (18) Richard Brown and his Committee of Safety arrive to arrest Claire. s6ep8 **9.35** Our Girl (16) s1ep5 **10.35** The Good Wife (M) s1ep6 **11.25** Judge Judy (PG) **11.50** Hitmen (M) s1ep3 **12.20am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.35** QI (M) **7.10** EastEnders (PG) **7.40** The Bill (M) **8.30** A Touch of Frost (M) s6ep2 **10.20** Father Brown (M) s1ep8 **11.10** Doc Martin (PG) s9ep3 **Noon** Midsomer Murders (PG) s19ep6 **1.35** The Bill (M) **2.25** New Tricks (M) s3ep3 **3.25** 8 Out of 10 Cats Does Countdown (PG) **4.20** The Jonathan Ross Show (M) s16ep2 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Grantchester (PG) On the day of Leonard's trial, Will and Geordie are called to a robbery. s6ep5 **9.30** Holby City (M) Dom struggles to process a shocking family secret. s21ep15 **10.35** Keeping Faith (M) s2ep3 **11.40** Midsomer Murders (PG) s19ep6 **1.15am** Programmes continue

SoHo SKY 010

6.50 The Undoing (18) s1ep2 **7.45** Fear the Walking Dead (18) s7ep13 **8.30** Irma Vep (16) s1ep4 **9.30** Mind Over Murder (18) s1ep5 **10.30** The Nevers (16) s1ep3 **11.30** Billions (18) s5ep7 **12.25** The Undoing (18) s1ep2 **1.15** Fear the Walking Dead (18) s7ep13 **2.00** Irma Vep (16) s1ep4 **2.55** Mind Over Murder (18) s1ep5 **3.55** The Righteous Gemstones (16) s1ep2 **4.30** Work in Progress (16) s1ep4 **5.00** Absentia (16) s3ep2 **5.45** Britannia (18) s2ep6 **6.30** Westworld (18) s4ep6 **7.30** Devils (16) s2ep7 **8.30** The Rising (16) Suspicions turn to Neve's ex-boyfriend. s1ep3 **9.30** The Lazarus Project (16) George tries to finish the job before Lazarus gets wind of it. s1ep6 **10.30** Real Time with Bill Maher (M) s20ep21 **11.30** Made for Love (16) s2ep6 **12.00am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Mexican Made Easy (PG) **8.05** House Hunters (PG) **9.00** Salvage Hunters: The Restorers (PG) **10.00** Salvage Hunters (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It UK (PG) **12.50** Escape to the Country (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Mexican Made Easy (PG) **4.45** Salvage Hunters (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It UK (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Garden Rescue (PG) **9.30** Grow Your Own at Home with Alan Titchmarsh (PG) **10.00** Martha Knows Best (PG) **10.30** At Home with the Nolans (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Your Worst Nightmare (M) **6.55** Dead Reckoning (M) **7.45** The Murder Tapes (M) **8.35** Chaos in Court (M) **9.25** Nightmare Next Door (M) **10.20** Grave Secrets (M) **11.15** The Perfect Murder (M) **12.10** Your Worst Nightmare (M) **1.05** Obsession: Dark Desires (M) **2.00** I (Almost) Got Away with It (M) **2.55** Betrayed (M) **3.50** Pandora's Box: Unleashing Evil (M) **4.45** Your Worst Nightmare (M) **5.40** American Detective with Lt. Joe Kenda (M) **6.35** Reasonable Doubt (M) **7.30** Evil Lives Here (M) **8.30** Dead Reckoning (M) **9.30** Deadline: Crime with Tamron Hall (M) **10.30** American Detective

with Lt. Joe Kenda (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.00 Grethe Meyer: Queen of Danish Design **7.00** Off Camera **8.00** ■ Klimt & Schiele: Eros and Psyche (2018, G) **9.35** Put Some Colour in Your Life **10.00** Speakeasy: Billy Gibbons & Eric Holland **11.00** Photos That Changed the World **11.45** Grayson Perry's Big American Road Trip (PG) **12.30** Landscape Artist of the Year **1.15** The Live Revival (PG) **2.00** Grethe Meyer: Queen of Danish Design **3.00** Off Camera **4.00** ■ Mario Botta: The Space Beyond (2018, G) **5.20** Renaud Capuçon and David Fray Play Bach **6.55** Waldbühne 2021: Under the Stars **8.35** Winter Journey: Schubert's Winterreise (G) Baritone Benjamin Appl and pianist James Baillieu reimagine Schubert's song cycle in an Alpine landscape. **10.10** Andris Nelsons Conducts Tchaikovsky and Shostakovich **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Rise of the Machines (M) **7.45** Homestead Rescue (PG) **8.35** Airplane Repo (M) **9.25** Fast N' Loud (M) **10.20** Mysteries at the Museum (PG) **11.15** Mystery at Blind Frog Ranch (M) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** Mysteries at the Museum (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Gold Rush: White Water (M) **4.45** Homestead Rescue (PG) **5.40** Outback Opal Hunters (PG) **6.35** Dirty Jobs (PG) **7.30** Heavy Tow Truckers Down Under (M) **8.30** Aussie Salvage Squad (PG) **9.30** Moonshiners (M) **10.30** Edge of Alaska (M) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Superships: Giants of the Seas (PG) **7.30** Shark Attack Files (M) **8.30** Dutch Caribbean Coastguard (PG) **9.30** Wicked Tuna (PG) **10.30** Buried Secrets of WWII (PG) **11.30** WW2 Hell Under the Sea (M) **12.30** Air Crash Investigation (M) **1.30** Megastructures **2.30** Wicked Tuna (PG) **3.30** Dutch Caribbean Coastguard (PG) **4.30** Lost Treasures of Egypt (PG) **5.30** Drain the Oceans: Deep Dive (PG) **6.30** Dutch Caribbean Coastguard (PG) **7.30** Seconds from Disaster (PG) **8.30** Air Crash Investigation: Special Report (M) **9.30** Guerilla Gold Rush: The Spoils of War (16) **10.30** Space Mysteries **11.30** America's Deadliest Volcano Disaster (PG) **12.30am** Programmes continue

History SKY 073

6.30 Last Battle of the Vikings (PG) **7.30** Britain's Lost Battlefields (PG) **8.30** Time Team **9.30** A Royal Tour of the 20th Century (PG) **10.30** Time Team **11.30** Shark Terror: USS Indianapolis (PG) **12.30** Around the World by Train with Tony Robinson (PG) **1.30** History's Raiders (PG) **2.30** Scorched Earth (PG) **3.30** Gladiators of WWII (PG) **4.30** The Abyss: The Rise & Fall of the Nazis (16) **5.30** Lost Treasures of the Ancient World **6.30** Time Team **7.30** The Abyss: The Rise & Fall of the Nazis (PG) **8.40** Abandoned Engineering (PG) **9.40** Hiroshima (M) **11.30** Myth Hunters (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Wildest Places (PG) **6.55** Life Below Zero (M) **7.45** Where the Wild Men Are (PG) **8.35** Earth from Space (PG) **9.30** Secrets of Bones (PG) **10.25** The Dog Rescuers (PG) **11.15** 24 Hours in A&E (PG) **12.05** Natural Curiosities (PG) **12.30** Seven Worlds, One Planet (PG) **1.25** Earth from Space (PG) **2.20** Wildest Places (PG) **3.15** Oceans (PG) **4.10** Secrets of Bones (PG) **5.05** Life Below Zero (PG) **5.55** Where the Wild Men Are (M) **6.50** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (PG) **8.30** Animal Impossible (PG) **9.30** Nature's Great Events (PG) **10.30** Seven Worlds, One Planet (PG) **11.25** Oceans (PG) **12.20am** Programmes continue



Sky Sport 1: West Indies v India, 6.00am

SKY SPORT

Sky Sport 1 SKY 051

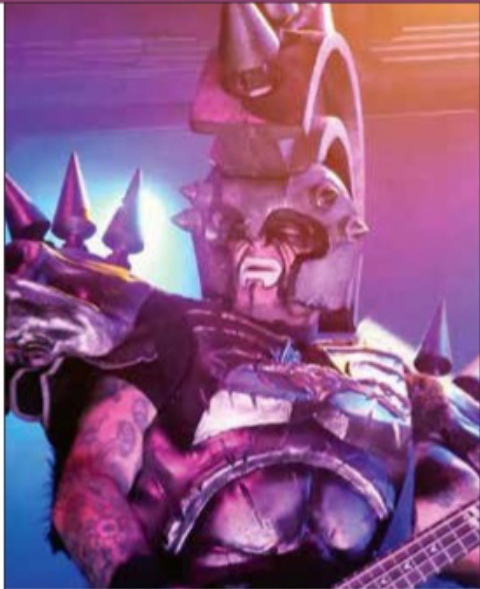
6.00 West Indies v India, 3rd T20, from Warner Park, St Kitts, **live** **9.30** NRL Try Time **10.30** NRL 360 **11.30** Matty Johns Face to Face **Noon** Farah Palmer Cup, Manawatu v Counties Manukau, replay **2.00** Aotearoa Rugby Pod **2.30** The Breakdown **3.00** Rugby Nation **3.30** Farah Palmer Cup, Bay of Plenty v Auckland, highlights **4.00** Farah Palmer Cup, Otago v Northland, highlights **4.30** IndyCar, Gallagher Grand Prix, highlights **5.30** Sky Speed **6.00** The Back Page **7.00** Sal's NBL Women, Central v Lower South, from Te Rauparaha Arena, Porirua, **live** **9.00** Once a Warrior with Monty Betham **9.30** The Ditch **10.00** NRL, NZ Warriors v Melbourne Storm, highlights **10.30** NRL, Newcastle Knights v Canterbury-Bankstown Bulldogs, highlights **11.00** NRL, Gold Coast Titans v Canberra Raiders, replay **1.00am** Once a Warrior with Monty Betham **1.30** NRL 360 **2.30** The Ditch **3.00** NRL, Parramatta Eels v Penrith Panthers **3.30** NRL, Gold Coast Titans v Canberra Raiders **4.00** NRL, Cronulla Sharks v South Sydney Rabbitohs **4.30** NRL, Brisbane Broncos v Wests Tigers **5.00** SailGP Great Britain Highlights **5.30** AFL Weekly Highlights

Sky Sport 2 SKY 052

6.00 TBA **3.00** Nascar, Verizon 200, highlights from Indianapolis Motor Speedway Road Course **4.00** AFL 360 **5.00** AFL Weekly Highlights **5.30** Aotearoa Rugby Pod **6.00** SailGP Great Britain Highlights **6.30** World Athletics Championships U20s, day 2, highlights **7.30** Once a Warrior with Monty Betham **8.00** The Ditch **8.30** NRL 360, **live** **9.30** ATP Uncovered **10.10** Cycling, Tour of Poland, stage 5, **live** **3.30am** World Superbike Championship, round 6, race 1 **3.55** World Superbike Championship, round 6, race 2 **4.00** ATP 500, Citi Open, from Washington, **live** **4.30** Supercars Championship, The Bend SuperSprint, highlights

Sky Sport 3 SKY 053

7.10 Aotearoa Rugby Pod **7.45** World Athletics Championship U20s, day 2, session 2, from Santiago de Cali, Colombia, **live** **11.55** Formula E, rounds 13&14, highlights from London **1.55** W Series, round 5, qualifying, replay **2.30** The Back Page **3.30** West Indies v India, 3rd T20, replay **7.30** Aotearoa Rugby Pod **8.00** Farah Palmer Cup, Manawatu v Counties Manukau **8.30** Farah Palmer Cup, Tasman v Taranaki **9.00** 1st XV Rugby, St Bede's College v Nelson College **9.30** AFL 360, **live** **10.30** West Indies v India, 3rd T20 **11.00** ATP 500, Citi Open, day 2, match of the day **12.50am** World Athletics Championship U20s, day 2 **1.50** World Athletics Championship U20s, day 3, session 1, from Santiago de Cali, Colombia, **live** **5.05** Once a Warrior with Monty Betham **5.35** ATP Uncovered



Film: **THIS IS GWAR**

It's about time the American heavy metal shock-rockers got a biopic: the band, in various forms, has been going since 1984 and the musicians have never deviated, if that's the right word, from their path of intergalactic barbarianism and monstrous costumes. Because there have been so many band members over the years, *This Is GWAR* (100% on Rotten Tomatoes) focuses on the rancorous relationship between co-founders Dave Brockie (known as Oderus Urungus) and Hunter Jackson (stage name Techno Destructo). Band members and others, including Weird Al Yankovic, Alex Winter and Ethan Embry, also feature. **SHUDDER**



Documentary: **BRITAIN'S CHILD DRUG RUNNERS**

A frightening expose of the tactics of what have become known as "county lines gangs" in the UK, who groom and use youngsters to move and sell drugs between cities. It's a brutal and abusive practice that is "a form of modern slavery", says one police officer. **THREE, 9.30pm**

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 **Breakfast** (HD, C) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
- 9.00 **Lingo** (G, HD, C) Adil Ray hosts a UK quiz show in which contestants compete to work out words that appear in the Lingo grids and Puzzlewords.
- 10.00 **Tipping Point** (G, R, HD, C) Ben Shephard hosts a UK quiz show.
- 11.00 **The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.
- Noon **1 News** (HD, C)
- 12.30 **Emmerdale** (PG, C, AD)
- 1.00 **Hollyoaks** (PG, HD, C, AD) Mercedes receives some shocking news about Wendy, Warren takes matters into his own hands, and Liberty gives Sienna an ultimatum.
- 2.00 **Coronation Street** (PG, R, C, AD)
- 3.00 **Tipping Point** (G, HD, C) Ben Shephard hosts a UK quiz show.
- 4.00 **Te Karere** A Māori perspective on the day's news and current affairs.
- 4.30 **Neighbours** (PG, HD, C) Chloe is taken aback when she learns Kiri is going to church again and that Nicolette is going with her.
- 5.00 **The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.
- 6.00 **1 News** (HD, C)
- 7.00 **Seven Sharp** (HD, C) Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 **Dream Kitchens and Bathrooms** (G, HD, C, AD) UK series in which Mark Millar helps transform kitchen and bathrooms. Tonight, in West Deeping, Agi and Steve are desperate for a new kitchen after recently moving into their country cottage, and in Yardley, Birmingham, two parents want to update their bathroom. s2ep3
- 8.30 **Rich House Poor House** (G, C, AD) UK series in which families swap lives. Tonight, a single mum who has moved from job to job while struggling to raise her daughter swaps with a businesswoman who has money but no work-life balance.
- 9.25 **Coronation Street** (PG, C, AD)
- 10.25 **1 News** (HD, C)
- 10.55 **Shortland Street** (PG, R, C, AD)
- 11.25 **For Life** (PG, HD, C) s1ep5
- 12.15am **It's Your Fault I'm Fat** (G, R, HD, C, AD)
- 1.05 **Te Karere** (R)
- 1.40 **Infomercials**
- 5.30 - 6.00 **Te Karere** (R)

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 **Les Mills Born to Move** (G, R, HD, C)
- 6.25 **Kiri & Lou** (G, R, C, AD)
- 6.30 **Toi Time** (G, HD, C, AD)
- 7.00 **Robin Hood: Mischief in Sherwood** (G, HD, C)
- 7.25 **The Adventures of Rocky and Bullwinkle** (G, R, HD, C)
- 7.50 **Beyblade Burst Surge** (G, R, HD, C)
- 8.10 **Ricky Zoom** (G, R, HD, C)
- 8.25 **Toi Time** (G, R, HD, C, AD)
- 8.50 **Apollo's Tall Tales** (G, R, HD)
- 9.05 **Infomercials**
- 9.35 **Les Mills Core** (G, R, HD, C)
- 10.05 **Home and Away** (PG, R, C)
- 10.35 **Shortland Street** (PG, R, HD, C, AD)
- 11.05 **Charmed** (PG, HD, C)
- Noon **A Whirlwind Wedding** (2021, G, HD, C) Morgan Kohan, Drew Nelson.
- 1.40 **The Drew Barrymore Show** (PG, HD, C)
- 2.35 **Sabrina the Teenage Witch** (G, HD, C)
- 3.30 **The Feed** (PG, HD, C)
- 3.35 **K-Pop Academy** (G, HD, C, AD) s2ep4
- 5.00 **The Simpsons** (PG, R, HD, C, AD) s30ep9
- 5.30 **Friends** (G, R, HD, C) s9ep11
- 6.00 **The Big Bang Theory** (PG, R, HD, C, AD) s6ep10
- 6.30 **Home and Away** (PG, C) The bikies refuse to negotiate, Tane rescues an endangered Chloe, and Theo gets a life-changing call.
- 7.00 **Shortland Street** (PG, HD, C, AD) Cece gets a surprise, Drew finds a new friend, and Desi finds comfort in a new home.
- 7.30 **MasterChef Australia: Fans & Favourites** (G, HD, C) In a movie-food immunity challenge, contestants must make popcorn and a blockbuster choc-top.
- 8.30 **Ten 7: Aotearoa** (PG, C) Local series about crime in Aotearoa and the communities and people affected by it.
- 9.00 **Highway Patrol** (PG, C, AD) Series following police officers who monitor Australia's busy highways.
- 9.30 **The Walkers** (M, C, AD) Stan is bringing in the big guns as he prepares for one of the biggest events on the summer music calendar, One Love. s2ep6
- 10.00 **Motorway Patrol** (PG, R, HD, C)
- 10.25 **Ten 7: Aotearoa** (PG, R, C)
- 11.00 **CSI: Crime Scene Investigation** (M, HD, C) s5ep5
- 12.45am **Extant** (PG, HD, C) s2ep2
- 1.30 **Emmerdale** (PG, R, C, AD)
- 1.55 **Infomercials**
- 2.50 **2 Tunes**
- 3.00 **Hell's Kitchen** (16, R, HD, C)
- 4.35 **Neighbours** (PG, R, HD, C)
- 5.00 - 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 **AM With Ryan Bridge and Melissa Chan-Green.**
- 9.00 **Infomercials**
- 10.30 **Gold Rush** (PG, R, C) s7ep17
- 11.30 **Newshub Live**
- Noon **Ready to Love** (M, C)
- 1.00 **Party from Hell** (2021, M, C) Jackie Moore.
- 3.00 **Dude, You're Screwed** (PG, C) s2ep6
- 3.55 **Bath Crashers** (G, C) s7ep10
- 4.30 **Newshub Live**
- 5.00 **Gold Rush** (PG, C) s7ep18
- 6.00 **Newshub Live**
- 7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
- 7.30 **Tom Sainsbury's Love Hour** (M, C) Tom Sainsbury interviews celebrity guests about all things love. Tonight, Kimberley Crossman and Dai Henwood.
- 8.25 **New Zealand Today** (M, C) Guy embarks on a journey of discovery about correct pronunciation of Māori and Pasifika names. s3ep9
- 8.55 **Comedians Giving Lectures** (16, C) Sara Pascoe hosts a UK series in which comedians deliver a "lecture". Tonight, Stephen Mangan, David O'Doherty and Suzi Ruffell.
- 9.30 **Britain's Child Drug Runners** (16, C) UK documentary following four young people trapped selling drugs.
- 10.30 **Newshub Late**
- 11.00 **NCIS** (M, R, C) s18ep13
- 11.55 **Infomercials**
- 5.30am - 6.00 **AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

- 6.00 **2022 Commonwealth Games** Coverage of the New Zealand team in Birmingham.
- 8.00 **2022 Commonwealth Games Highlights** (G, C) Action from day 6.
- 9.00 **Antiques Roadshow** (G, R, C)
- 10.00 **American Pickers** (G, R)
- 11.00 **Big Love** (M, C)
- 12.10 **Royal Pains** (M)
- 1.05 **House** (M, C)
- 2.00 **The Late Show** (PG)
- 3.00 **Wheel of Fortune** (G)
- 3.30 **Jeopardy** (G)
- 4.00 **2022 Commonwealth Games Highlights** (G, R) Action from day 6.
- 5.00 **WhichCar** (G, R, C)
- 5.30 **Prime News**
- 6.00 **SailGP Highlights** (G) Highlights from Great Britain.
- 6.30 **Storage Wars** (PG, R, C)
- 7.00 **Pawn Stars** (PG, R) A mandolin from Bob Wills' Texas Playboys comes in.
- 7.30 - 6.00am **2022 Commonwealth Games** (C) Coverage of the New Zealand team in Birmingham.

WHAKAATA MĀORI

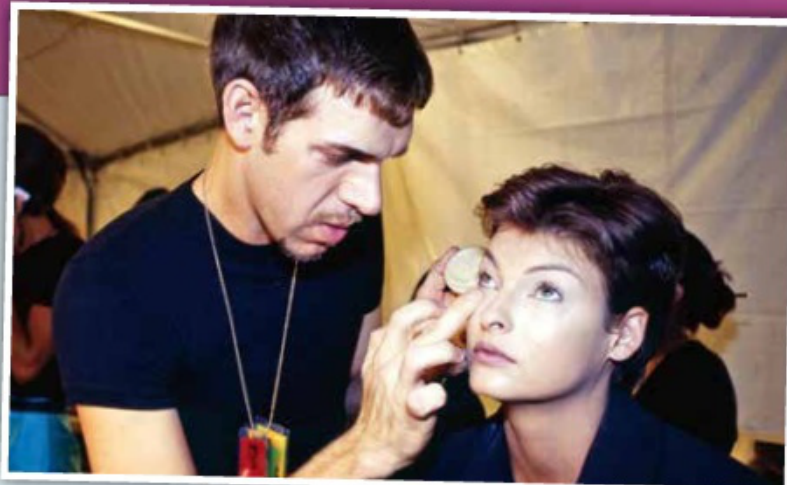
FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes**
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 Waiata Nation II (G, R)
10.30 Toi Te Ora (G, R)
11.00 The New Zealanders (G, R)
Noon Te Ao Tapatahi
12.30 The Jane Austen Book Club (2007, M, R) Maria Bello.
2.35 Ako (G, R)
3.05 Kids' Programmes
5.15 Haka Life (G, R)
5.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Te Arawa (G, R)
6.30 Te Ao Mārama
7.00 Fresh (G)
7.30 Funny Whare (PG, R)
8.00 Rags Are Riches (PG) Randy Sjafrie and Courtney Dawson present a fashion challenge show.
8.10 Gowns to Geysers (PG) Local series that goes behind the velvet curtain of the Miss Rotorua beauty pageant.
8.30 Hakapedia (G) Haka fans compete against haka experts.
9.00 Rage Against the Rangatahi (PG, R) Performing arts.
9.30 Ahikāroa (M, R) Kuini breaks the rules and drags Kid along.
10.00 Mura o te Ahi (PG, R)
10.30 The Barber (PG, R)
11.00 - 11.30 Te Ao Mārama (R)

TVNZ DUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today**
Noon DUKEbox Music
12.25 Two and a Half Men (PG, R, HD, C)
12.50 Everybody Hates Chris (PG, R, HD, C)
1.15 Battlestar Galactica (M, R, HD, C)
2.50 Hunting Aotearoa (PG, R, HD)
3.15 Heavy Rescue 401 (PG, R, HD)
4.10 The Chase Australia (G, C)
4.55 ABC World News (PG)
5.20 Abandoned Engineering (G, R, HD, C)
6.10 30 Rock (PG, R, HD, C)
6.35 Two and a Half Men (PG, R, HD, C)
7.00 Everybody Hates Chris (PG, HD, C) s4ep11
7.30 The Simpsons (G, R, HD, C) s13ep2
8.30 Top Gear (G, HD, C) Freddie Flintoff transforms a Sinclair C5 into a bobsleigh. s32ep2
9.40 Mega Metro (16, HD) Series following the construction of the Sydney Metro.
10.45 Battlestar Galactica (PG, HD, C)
11.35 The Russell Howard Hour (16, R, HD)
12.25am - 12.45 ABC World News (PG, R)



THURSDAY AUGUST 4

Film: LARGER THAN LIFE: THE KEVYN AUCOIN STORY

Chances are you will have seen his work if you picked up a fashion magazine in the 80s or 90s. Make-up artist Aucoin worked with all the supermodels and then stars such as Cher, Liza Minnelli and Oprah Winfrey.

RIALTO, 8.30pm

BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials**
10.00 Hoarders: Family Secrets (PG, R) s1ep5
10.55 Love It or List It: Vancouver (PG, R)
11.50 Killer Siblings (M, R)
12.50 Tattoo Fixers (M, R)
1.45 Below Deck (M, R)
2.40 Hoarders: Family Secrets (PG, R)
3.30 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.25 Million Dollar Listing NY (PG, R)
6.30 Love It or List It: Vancouver (PG)
7.30 Tattoo Fixers on Holiday (M)
8.30 Below Deck: Sailing Yacht (M) The crew tries to cap off the season with a perfect wedding reception dinner.
9.30 A&E After Dark (M) A patient in cardiac arrest is rushed into hospital.
10.30 Killer Siblings (M, R)
11.30 Accident, Suicide or Murder? (M, R)
12.20am - 6.00 Infomercials

EDEN

FREEVIEW 8 SKY 013

- 6.00 My Cat from Hell** (PG, R)
7.00 The Pioneer Woman (G)
7.30 Valerie's Home Cooking (G)
8.00 Giada in Italy (G, R)
9.05 Museum Mysteries (PG, R)
10.00 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Idris Elba: No Limits (PG, R)
1.00 Our Wildest Dreams (PG, R)
2.00 The Great Pottery Throw Down (PG, R)
3.00 My Cat from Hell (PG)
4.00 Rick Stein's Secret France (G)
5.00 Mysteries at the Museum (PG)
6.00 American Pickers (PG)
7.00 Aussie Lobster Men (PG)
8.00 Newshub Live
8.30 Underbelly: Vanishing Act (M) Australian drama series about con artist Melissa Caddick.
9.30 Inside Monaco: Playground of the Rich (PG)
10.30 Aussie Lobster Men (PG, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Alaskan Bush People** (PG, R)
6.45 Tanked (PG, R)
7.35 Wheeler Dealers (PG, R)
8.20 Treehouse Masters (PG, R)
9.10 Homestead Rescue (PG, R)
10.00 Building Alaska (G, R)
10.50 Alaskan Bush People (PG, R)
11.35 Tanked (PG, R)
12.30 Treasure Quest: Snake Island (M, R)
1.20 Bering Sea Gold (M, R)
2.10 Gem Hunt (PG, R)
3.00 Wheeler Dealers (PG, R)
3.50 Treehouse Masters (PG, R)
4.45 Alaskan Bush People (PG, R)
5.40 Tanked (PG)
6.35 Wheeler Dealers (PG)
7.30 Inside West Coast Customs (PG)
8.25 Kindig Customs (PG) Two classic 1969 Camaros get the full treatment.
9.20 Street Outlaws: No Prep Kings (M)
10.15 Alaskan Bush People (PG)
11.05 Tanked (PG, R)
11.55 Wheeler Dealers (PG, R)
12.40am Programmes continue

SKY PREMIERE

SKY 030

- 6.10 Time for Me to Come Home for Christmas** (2018, PG) Megan Park, Josh Henderson
7.40 Pure (2018, 16) Jahkara Smith, McKaley Miller
9.10 Four Good Days (2019, M) Mila Kunis, Glenn Close
10.50 The Nest (2020, 16) Jude Law, Carrie Coon
12.35 All My Life (2020, M) Harry Shum Jr, Jessica Rothe
2.05 The Devil Has a Name (2021, 16) Kate Bosworth
3.45 Songbird (2020, 16) KJ Apa, Sofia Carson
5.10 Juniper (2021, M) Charlotte Rampling, George Ferrier
6.45 Fatale (2020, 16) Hilary Swank, Michael Ealy
8.30 The Many Saints of Newark (2021, 16) Anthony Soprano grows up in a tumultuous era as rival gangsters challenge an all-powerful crime family. Michael Gandolfini, Ray Liotta, Vera Farmiga
10.35 Judas & the Black Messiah (2021, 16) Daniel Kaluuya, LaKeith Stanfield
12.37am Six Minutes to Midnight (2021, M) **2.15 The Call** (2020, 16)
3.50 Lake Placid: Legacy (2018, 16)
5.22 Kimi (2022, 16)

MOVIES CLASSICS

SKY 034

- 7.25 Heat** (1995, 16) Al Pacino, Robert De Niro
10.15 The Dead Pool (1988, M) Clint Eastwood, Patricia Clarkson
11.45 Sudden Impact (1983, 16) Clint Eastwood, Sondra Locke
1.40 Boyz n the Hood (1991, M) Cuba Gooding Jr, Laurence Fishburne
3.30 The Harder They Come (1972, M) Jimmy Cliff, Janet Bartley
5.10 The Dead (1987, PG) Anjelica Huston, Donal McCann
6.35 Natural Born Killers (1994, 18) Two terrifying killers are glorified in the media. Woody Harrelson, Juliet Lewis
8.30 The King of Comedy (1983, PG) An aspiring stand-up comedian is willing to do anything to catch a break. Robert De Niro, Jerry Lewis
10.20 Advise and Consent (1962) (1962, PG) Henry Fonda, Charles Laughton
12.35am Fanny (1961, G) **2.45 Othello** (1951, G) **4.15 Rock'n'Roll High School** (1979, M) **5.45 The Fan** (1996, 16)

RIALTO

SKY 039

- 6.50 The Man Putin Couldn't Kill** (2021, M) UK documentary.
8.20 Streamline (2021, 16) Jason Isaacs
9.45 The Oratorio (2020, PG) US/Italian documentary.
10.55 God of the Piano (2019, M) Naama Preis
12.20 Ottolenghi and the Cakes of Versailles (2020, G) US documentary.
1.35 Love Affair(s) (2020, M) Camelia Jordana
3.35 The Booksellers (2019, PG) US documentary.
5.15 Carmilla (2019, 16) Jessica Raine
6.50 The Flood (2019, M) Lena Headey, Iain Glen
8.30 Rialto Documentary: Larger Than Life: The Kevyn Aucoin Story (2017, M) US documentary about legendary make-up artist Kevyn Aucoin.
10.15 Creation Stories (2021, 16) Ewen Bremner
12.05am Rockfield: The Studio on the Farm (2020, M) **1.40 L'Opera** (M) s1ep7&8 **3.15 Daddy's Girl** (2020, PG) **3.30 Love Affair(s)** (2020, M) **5.30 The Booksellers** (2019, PG)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s4ep11 **6.45** Judge Judy (PG) **7.10** The Closer (M) s4ep4 **7.55** The Mysteries of Laura (M) s1ep10 **8.40** The Good Wife (M) s1ep7 **9.25** Covert Affairs (M) s1ep7 **10.10** Judge Judy (PG) **10.55** Outlander (18) s6ep8 **Noon** Our Girl (16) s1ep5 **1.00** Hitmen (M) s1ep3&4 **2.00** The Closer (M) s4ep4 **2.50** The Mysteries of Laura (M) s1ep10 **3.40** The Good Wife (M) s1ep7 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s4ep11 **6.30** Covert Affairs (M) s1ep7 **7.30** Murdoch Mysteries (M) s14ep6 **8.30** Private Eyes (M) s5ep6 **9.30** The Inbetween (M) s1ep6 **10.30** The Good Wife (M) s1ep7 **11.20** Judge Judy (PG) **11.50** Murdoch Mysteries (M) s14ep6 **12.50am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.35** QI (M) **7.10** EastEnders (PG) **7.40** The Bill (M) **8.30** A Touch of Frost (M) s6ep3 **10.20** Father Brown (M) s1ep9 **11.10** Doc Martin (PG) s9ep4 **Noon** Midsomer Murders (PG) s20ep1 **1.35** The Bill (M) **2.25** New Tricks (M) s3ep4 **3.25** 8 Out of 10 Cats Does Countdown (PG) **4.20** The Jonathan Ross Show (M) s16ep3 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** The Graham Norton Show (M) s29ep4 **9.35** The Jonathan Ross Show (M) s17ep5 **10.30** Father Brown (PG) s9ep5 **11.25** Midsomer Murders (PG) s20ep1 **1.00am** Programmes continue

SoHo SKY 010

6.55 Devils (16) s2ep7 **7.50** The Rising (16) s1ep3 **8.35** The Lazarus Project (16) s1ep6 **9.20** Made for Love (16) s2ep6 **9.50** Insecure (16) s4ep2 **10.20** Real Time with Bill Maher (M) s20ep21 **11.20** Westworld (18) s4ep6 **12.20** Devils (16) s2ep7 **1.20** The Rising (16) s1ep3 **2.05** The Lazarus Project (16) s1ep6 **2.55** Made for Love (16) s2ep6 **3.25** Insecure (16) s4ep2 **3.55** The Righteous Gemstones (16) s1ep3 **4.30** Work in Progress (16) s1ep5 **5.00** Absentia (16) s3ep3 **5.45** Britannia (18) s2ep7 **6.30** Irma Vep (16) s1ep4 **7.30** What We Do in the Shadows (16) s3ep10 **8.00** I Love That for You (M) s1ep8 **8.30** Rap Sh!t (16) s1ep2 **9.05** Insecure (16) s5ep4 **9.35** Obama: In Pursuit of a More Perfect Union (M) Obama tries to pass legislation in a bitterly divided Congress. s1ep3 **11.25** The Midwich Cuckoos (16) s1ep4 **12.15am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Mexican Made Easy (PG) **8.05** House Hunters (PG) **9.00** Grow Your Own at Home with Alan (PG) **9.30** Martha Knows Best (PG) **10.00** Garden Rescue (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It UK (PG) **12.50** At Home with the Nolans (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Mexican Made Easy (PG) **4.45** Garden Rescue (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It UK (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Restaurant: Impossible (PG) **9.30** Mystery Dinners (PG) **10.30** Location Location Location Australia (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Your Worst Nightmare (M) **6.55** American Detective with Lt. Joe Kenda (M) **7.45** Finding Andrea (M) **9.25** Nightmare Next Door (M) **10.20** Grave Secrets (M) **11.15** The Perfect Murder (M) **12.10** Your Worst Nightmare (M) **1.05** Obsession: Dark Desires (M) **2.00** I (Almost) Got Away with It (M) **2.55** Betrayed (M) **3.50** Pandora's Box: Unleashing Evil (M) **4.45** Your Worst Nightmare (M) **5.40** Dead Reckoning (M) **6.35** American Detective with Lt. Joe Kenda (M) **7.30** Evil Lives Here (M) **8.30** The Murder Tapes (M) **9.30** Body Cam (M) **10.30** The

Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.10 Andris Nelsons Conducts Tchaikovsky and Shostakovich **8.00** Mario Botta: The Space Beyond (2018, G) **9.20** Renaud Capuçon and David Fray Play Bach **10.55** Waldbühne 2021: Under the Stars **12.35** Winter Journey **2.10** Andris Nelsons Conducts Tchaikovsky and Shostakovich **4.00** Talking Heads: Alan Bennett Monologues (PG) **4.35** Tintoretto: a Rebel in Venice (2019, G) **6.05** Speakeasy: Michael Stipe & Mike Mills **7.10** Put Some Colour in Your Life **7.35** Toni Morrison, Black Matter(s) **8.30** Video Killed the Radio Star **9.00** One Perfect Shot **9.30** Finding Your Roots **10.30** Flightless: Bill Hammond's Cure for Being Kiwi **11.15** Rough Draft with Reza Aslan **11.40** Mesdames of Mayhem **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Rise of the Machines (M) **7.45** Homestead Rescue (PG) **8.35** Mighty Cruise Ships (PG) **9.25** Fast N' Loud (M) **10.20** Heavy Tow Truckers Down Under (M) **11.15** Aussie Salvage Squad (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** Mysteries at the Museum (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Gold Rush: White Water (M) **4.45** Alaska: The Last Frontier (M) **5.40** Outback Opal Hunters (PG) **6.35** Aussie Gold Hunters (PG) **8.30** Gold Rush: White Water (M) **9.30** Gold Rush: Dave Turin's Lost Mine (M) **10.30** Bering Sea Gold (M) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Dutch Caribbean Coastguard (PG) **7.30** Seconds from Disaster (PG) **8.30** Air Crash Investigation: Special Report (M) **9.30** Guerilla Gold Rush: The Spoils of War (16) **10.30** Space Mysteries **11.30** America's Deadliest Volcano Disaster (PG) **12.30** Air Crash Investigation (M) **1.30** Megastructures **2.30** Superships: Giants of the Seas (PG) **3.30** Aussie Snake Wranglers (PG) **4.30** Food Factory (PG) **5.30** The 80s Top Ten (PG) **6.30** Air Crash Investigation: Special Report (M) **7.30** Nazi Megastructures: America's War (PG) **8.30** Drain the Oceans Best ofs (PG) **9.30** Dutch Caribbean Coastguard (PG) **10.30** Wicked Tuna (PG) **11.30** Inside North Korea: The Criminal State (M) **12.30am** Programmes continue

History SKY 073

6.30 Hiroshima (M) **8.30** Time Team **9.30** Lost Treasures of the Ancient World **10.30** Time Team **11.25** The Abyss: The Rise & Fall of the Nazis (PG) **12.35** Abandoned Engineering (PG) **1.30** History's Raiders (PG) **2.30** Scorched Earth (PG) **3.30** The Fury and the Flames (PG) **4.30** Europe's Secret Armies (PG) **5.30** Lost Treasures of the Ancient World **6.30** Time Team **7.30** Abandoned Engineering (PG) **8.30** Henry VII: The Winter King (PG) **9.30** Crusaders (PG) **10.30** Secrets of the Lost Ark (PG) **11.30** Myth Hunters (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Wildest Places (PG) **6.55** Life Below Zero (M) **7.45** Where the Wild Men Are (M) **8.35** Earth from Space (PG) **9.30** Secrets of Bones (PG) **10.25** The Dog Rescuers (PG) **11.15** 24 Hours in A&E (PG) **12.05** Attenborough's Natural Curiosities (PG) **12.30** Seven Worlds, One Planet (PG) **1.25** Earth from Space (PG) **2.20** Wildest Places (PG) **3.15** Oceans (PG) **4.10** Secrets of Bones (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) Ben Fogle travels to Brazil to meet Chris, a Scotsman who has chosen to make a home there. s7ep8 **6.50** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (PG) **8.30** 10 Puppies and Us (PG) **9.35** Blue Planet (PG) **10.35** Seven Worlds, One Planet (PG) **11.30** Oceans (PG) **12.25am** Programmes continue



SoHo: Britannia, 5.45pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 Once a Warrior with Monty Betham **6.30** NRL 360 **7.30** The Ditch **8.00** NRL, Cronulla Sharks v South Sydney Rabbitohs, highlights **8.30** SailGP Great Britain Highlights **9.00** Golf, PGA Tour, highlights **10.00** Cycling, Tour of Poland, stage 5, Łańcut to Rzeszów, replay **Noon** The Back Page **1.00** Aotearoa Rugby Pod **1.30** D1NZ National Drifting Championship, grand final, highlights **2.30** World Superbike Championship, round 6, race 1, replay from Autodrom Most, Czech Republic **3.30** World Superbike Championship, round 6, race 2, replay from Autodrom Most, Czech Republic **4.30** Aotearoa Rugby Pod **5.00** Sky Speed **5.30** The Ditch **6.00** The Breakdown **6.30** Aotearoa Rugby Pod **7.00** Sky GrassRoots Rugby **8.00** Inside Netball **8.30** The Crowd Goes Wild **9.00** World Athletics Championships U20s, day 3, highlights from Santiago de Cali, Colombia **10.00** Golf, Women's British Open, round 1, from Muirfield, Scotland, **live** **5.00am** Ultimate Bowls

Sky Sport 2 SKY 052

6.00 TBA **1.00** West Indies v India, 3rd T20, highlights **1.30** SailGP, Plymouth, day 1, replay **3.00** SailGP, Plymouth, day 2, replay **4.30** Cycling, Tour of Poland, stage 5, Łańcut to Rzeszów, replay **6.30** Ultimate Bowls **7.30** Sal's NBL, Taranaki Airs v Nelson Giants, from TSB Stadium, New Plymouth, **live** **9.30** West Indies v India, 3rd T20, highlights **10.00** The Darts Show **10.30** ATP Uncovered **11.10** Cycling, Tour of Poland, stage 6, Szaflary to Bukovina Resort, **live** **3.30am** Fox Sports News **4.00** ATP 500, Citi Open, from Rock Creek Park Tennis Center, Washington DC, **live** **4.30** ATP 500, Citi Open, day 3, match of the day

Sky Sport 3 SKY 053

6.00 Motorsport, W Series, round 5, qualifying, replay from Hungaroring, Mogyorod, Hungary **6.35** Aotearoa Rugby Pod **7.05** Rugby Nation **7.35** World Athletics Championship U20s, day 3, session 2, from Santiago de Cali, Colombia, **live** **Noon** World Supercars Championship, The Bend SuperSprint, highlights **1.30** NRL, NZ Warriors v Melbourne Storm, highlights **2.00** NRL, Brisbane Broncos v Wests Tigers, highlights **2.30** Once a Warrior with Monty Betham **3.00** NRL 360 **4.00** The Ditch **4.30** ATP Uncovered **5.00** Sal's NBL Women, Central v Lower South, replay from Te Rauparaha Arena, Porirua **7.00** Once a Warrior with Monty Betham **7.30** NRL 360 **8.30** The Ditch **9.00** NRL, Sydney Roosters v Brisbane Broncos, from Sydney Cricket Ground, **live** **11.50** The Late Show with Matty Johns **12.50am** World Athletics Championship U20s, day 3, highlights **1.50** World Athletics Championship U20s, day 4, session 1, from Santiago de Cali, Colombia, **live**

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (HD, C) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.

9.00 **Lingo** (G, HD, C) Adil Ray hosts a UK quiz show.

10.00 **Tipping Point** (G, R, HD, C) Ben Shephard hosts a UK quiz show.

11.00 **The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.

Noon **1 News** (HD, C)

12.30 **Emmerdale** (PG, C, AD)

1.00 **Hollyoaks** (PG, HD, C, AD) Saul makes a huge decision about his future with Grace, Mercedes confronts Bobby, and Sienna decides to turn to Damon for help.

2.00 **Coronation Street** (PG, R, C, AD)

3.00 **Tipping Point** (G, HD, C) Ben Shephard hosts a UK quiz show.

4.00 **Te Karere** A Māori perspective on the day's news and current affairs.

4.30 **Neighbours** (PG, HD, C) Grant is standing by his decision to keep Hendrix's videos from Mackenzie, even when Wendy suggests Mack should be able to make up her own mind.

5.00 **The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.

6.00 **1 News** (HD, C)

7.00 **Seven Sharp** (HD, C) Hilary Barry and Jeremy Wells present current affairs and entertainment.

7.30 **The Repair Shop** (PG, HD, C, AD) UK series in which expert craftspeople restore treasured items.

8.30 **The Great Big Tiny Design Challenge** (PG, HD, C, AD) Sandi Toksvig presents a UK series in which amateur crafters put their miniature-making skills to the test. Tonight, the remaining miniaturists make an Edwardian games room complete with a playable tabletop game, billiard table, display cabinet and indoor plant. s1ep6

9.30 **The World's Most Extraordinary Homes** (PG, HD, C, AD) Piers Taylor and Caroline Quentin visit Japan, where innovation is combined with traditional design. s2ep3

10.45 **1 News** (HD, C)

11.15 **Shortland Street** (PG, R, C, AD)

11.45 **Big Fat Gypsy Weddings** (PG, R, HD, C, AD)

12.50am **Schitt's Creek** (M, R, HD, C, AD)

1.35 **Te Karere** (R)

2.00 **Infomercials**

5.30 - 6.00 **Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, HD, C)

6.25 **Kiri & Lou** (G, R, C, AD)

6.30 **■ Toi Time** (G, HD, C, AD)

7.00 **Robin Hood: Mischief in Sherwood** (G, HD, C)

7.25 **The Adventures of Rocky and Bullwinkle** (G, R, HD, C)

7.45 **Beyblade Burst Surge** (G, R, HD, C)

8.10 **Ricky Zoom** (G, R, HD, C)

8.20 **■ Toi Time** (G, R, HD, C, AD)

8.50 **■ Apollo's Tall Tales** (G, R, HD)

9.05 **Infomercials**

9.30 **Les Mills Grit Cardio** (G, R, HD, C)

10.00 **Home and Away** (PG, R, C)

10.30 **Shortland Street** (PG, R, HD, C, AD)

11.00 **Charmed** (PG, C)

Noon **■ Sweet as Pie** (2022, PG, HD, C) Rhiannon Fish.

1.45 **The Drew Barrymore Show** (PG, HD, C)

2.40 **Sabrina the Teenage Witch** (G, HD, C)

3.30 **The Feed** (PG, HD, C)

5.00 **The Simpsons** (G, R, HD, C, AD) s30ep10

5.30 **Friends** (G, R, HD, C) s9ep12

6.00 **The Big Bang Theory** (G, R, HD, C, AD) s6ep11

6.30 **Home and Away** (PG, C) Rose gets suspicious of Tex, Tane protects his family, and Nikau breaks Bella's heart.

7.00 **Shortland Street** (PG, HD, C, AD) TK flails as Cece bails, Desi gets a new mum, and Viv spies on Chris.

7.30 **Travel Guides Australia** (G, R, HD, C, AD) The Aussie travel guides head to the Gold Coast to indulge in a week of 5-star hotel luxury at Palazzo Versace.

8.30 **■ Have You Been Paying Attention?** (M, C) Hayley Sproull hosts a topical comedy show, with regular panellists Vaughan Smith and Urzila Carlson.

9.30 **■ RuPaul's Drag Race Down Under** (16, HD, C, AD) Mama Ru returns for season two of the drag competition series in which 10 new queens from across Australia and Aotearoa compete for the title of Down Under's Next Drag Superstar. s2ep1

10.40 **■ Ready to Mingle** (16, HD, C) Katherine Ryan hosts a UK reality dating show in which a single woman and 12 lads move in together, but half the guys are in relationships and are pretending to be single in order to win. s1ep1

12.05am **Kung Fu** (M, HD, C) s2ep12

12.55 **Evil** (16, HD, C)

1.40 **Emmerdale** (PG, R, C, AD)

2.00 **Infomercials**

3.00 **Unreal** (16, HD, C) s2ep9

4.30 - 6.00 **The Bachelorette** (G, R, HD, C)

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.

9.00 **Infomercials**

10.30 **Gold Rush** (PG, R, C) s7ep18

11.30 **Newshub Live**

Noon **Ready to Love** (M, C)

1.05 **■ Saving My Daughter** (2020, M, C) A woman's daughter disappears for the second time in 15 years. Ashley Jones, Alicia Leigh Willis, Laurie Fortier.

3.00 **Dude, You're Screwed** (PG, C) s2ep7

3.55 **Bath Crashers** (G, C) s7ep11

4.30 **Newshub Live**

5.00 **Gold Rush** (PG, C) s7ep19

6.00 **Newshub Live**

7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.

7.30 **■ Super 8** (2011, M, C) A train crash sets off a series of bizarre events in a small town. Elle Fanning, Joel Courtney, Kyle Chandler. **TV Films, page 69**

9.35 **Police After Dark** (16, C) UK series following police officers in Gloucestershire. Tonight, a routine area search catches a sergeant off guard and surrounded by an aggressive family, and there is an assault at a nightclub. s1ep3

10.30 **Newshub Late**

11.00 **Tin Star** (16, R, C) UK series about a London cop who relocates to the Rockies. s3ep2

12.05am **Live at the Apollo** (16, R, C)

1.00 - 6.00 **Infomercials**

PRIME FREEVIEW 10 SKY 004

6.00 **2022 Commonwealth Games** Coverage of the New Zealand team in Birmingham.

9.20 **2022 Commonwealth Games Highlights** (G, C) Action from day 7.

10.20 **Sal's NBL** (G) Taranaki Airs v Nelson Giants, from TSB Stadium, New Plymouth.

12.25 **Royal Pains** (M)

1.15 **House** (M, C)

2.10 **Sky Grass Roots Rugby** (G)

3.10 **Wheel of Fortune** (G)

3.35 **Jeopardy** (G)

4.00 **2022 Commonwealth Games Highlights** (G, R) Action from day 7.

5.00 **WhichCar** (G, R, C) A look at some of the best SUVs on the market.

5.30 **Prime News**

6.00 **Storage Wars** (PG, R, C)

7.00 **The Ditch** (G) Chris Key and Savannah Tafau-Levy present a rugby league show.

7.30 - 6.00am **2022 Commonwealth Games** (C) Coverage of the New Zealand team in Birmingham.



Film: **PREY**

The *Predator* franchise has been hit and miss over the years, but it appears that director Dan Trachtenberg (*10 Cloverfield Lane*) has found a way to make it interesting again. *Prey* is a prequel film, set 300 years in the past on the Comanche Nation lands, and its cast is almost entirely Native American and First Nations. The lead is Amber Midthunder, previously seen in *Legion*, who plays a warrior who goes toe-to-toe with a deadly Predator (Dane DiDiegro). To make sure of authenticity, Trachtenberg consulted with Comanche film-maker Jhane Myers and the film will be released in the Comanche language with screenings on their lands. **DISNEY+**



Comedy: **HAVE YOU BEEN PAYING ATTENTION?**

It's heartening to see that we've reached a critical mass of really great comedians who can fill the benches of panel shows anywhere in the world (NB: Rose Matafeo appears on *Guessable* this week). Hayley Sproull returns, and this week's guests are Ray O'Leary, Josh Thomson and Madeleine Sami. **TVNZ 2, 8.30pm**

WHAKAATA
MĀORI FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.00 Tribe (G, R)
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 Lucky Dip (G, R)
10.30 Whatta Beauty (PG, R)
11.00 Rage Against the Rangatahi (PG, R)
11.30 Rags Are Riches (PG, R)
11.45 Gowns to Geysers (PG, R)
Noon Te Ao Tapatahi
12.30 Tongue Tied (PG, R)
1.05 Hari with the Māori Sidesteps (PG, R)
1.30 Tōku Reo (G, R)
2.35 Ako (G, R)
3.05 Kids' Programmes
4.35 Tribe (G, R)
5.15 Haka Life (G, R)
5.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Te Arawa (G, R)
6.30 Te Ao Mārama
7.00 Pio Terei Tonight (G, R) Kaea Pearce, Jackson Owens and Dane Moeke.
8.00 Moosemeat and Marmalade (G, R) Two very different chefs explore contrasting cultures and traditions.
8.30 Intrepid Journeys (PG) Reuben Wiki explores Laos.
9.30 Skindigenous (G) Tsishiam artist Lianna Spence was raised in a home that did not have any Indigenous art.
10.00 Kōrero Tuku Iho (G)
11.40 - 12.10am Te Ao Mārama (R)

TVNZDUKE FREEVIEW 6 SKY 023

- 6.00 On Duke Today
Noon DUKEbox Music
12.25 Two and a Half Men (M, R, HD, C)
12.50 Everybody Hates Chris (PG, R, HD, C)
1.10 Battlestar Galactica (PG, R, HD, C)
2.50 Hunting Aotearoa (PG, R, HD)
3.15 Heavy Rescue 401 (PG, R, HD)
4.05 The Chase Australia (G, C)
4.55 ABC World News (PG)
5.20 Abandoned Engineering (PG, R, HD, C)
6.10 30 Rock (PG, R, HD, C)
6.35 Two and a Half Men (PG, R, HD, C)
7.00 Everybody Hates Chris (PG, HD, C) s4ep12
7.30 The Simpsons (PG, R, HD, C) s13ep4
8.30 Batman Forever (1995, PG, R, HD, C, AD) Batman returns to face off against Two Face and the Riddler. Val Kilmer, Jim Carrey, Nicole Kidman, Tommy Lee Jones.
10.50 Battlestar Galactica (M, HD, C)
11.45 Mr Robot (16, HD)
1.35am - 1.55 ABC World News (PG, R)

Film: THOSE WHO WISH ME DEAD

Taylor Sheridan is usually known for work that examines some aspect of the American condition (*Hell or High Water*, *Yellowstone*), but perhaps he just wanted an all-out action outing for a change. It's a "straightforward thriller", said one critic, but it "delivers on what it promises".
SKY MOVIES PREMIERE, 6.50pm

BRAVO FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 Hoarders: Family Secrets (PG, R)
10.55 Love It or List It: Vancouver (PG, R)
11.55 Killer Siblings (M, R)
12.45 Tattoo Fixers (M, R)
1.40 Below Deck (M, R)
2.35 Hoarders: Family Secrets (PG, R)
3.30 Top Chef (PG)
4.50 Shark Tank (PG, R)
5.40 Million Dollar Listing NY (PG, R)
6.35 Love It or List It: Vancouver (PG)
7.35 Billy Elliot (2000, M, R, C) A boy from a coal mining town discovers ballet. Jamie Bell, Julie Walters.
9.55 Injustice with Nancy Grace (M, R) Newlyweds disappear on the night of a family birthday.
10.50 Killer Siblings (M, R)
11.40 Accident, Suicide or Murder? (M, R)
12.30am - 6.00 Infomercials

SKY PREMIERE SKY 030

- 6.50 New Year, New You (2018, 16) Suki Waterhouse
8.15 Secret Life of a Celebrity Surrogate (2020, M) Carrie Wampler, Brianne Davis
9.45 The Professor and the Madman (2019, M) Mel Gibson, Sean Penn
11.50 Long Story Short (2021, M) Rafe Spall, Zahra Newman
1.25 Land (2021, M) Robin Wright
2.55 Voyagers (2020, 16) Tye Sheridan, Colin Farrell
4.45 Death on the Nile (2022, M) Kenneth Branagh, Gal Gadot
6.50 Those Who Wish Me Dead (2021, 16) A survival expert and a teenage murder witness are pursued through the Montana wilderness. Angelina Jolie, Finn Little
8.30 Nightmare Alley (2021) (2021, 16) To con a tycoon, a carny teams up with a psychiatrist. Bradley Cooper, Cate Blanchett
11.00 French Exit (2021) (2021, M) Michelle Pfeiffer
12.55am Dawn Raid (2020, M) 2.35 The Mistletoe Secret (2019, PG)
4.00 Promising Young Woman (2020, 18) 5.55 Amber Alert (2017, M)

EDEN FREEVIEW 8 SKY 013

- 6.00 My Cat from Hell (PG, R)
7.00 The Pioneer Woman (G)
7.30 Valerie's Home Cooking (G)
8.00 Rick Stein's Secret France (G, R)
9.00 Museum Mysteries (PG, R)
10.00 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.25 Flea Market Flip (G, R)
11.55 Inside Monaco: Playground of the Rich (PG, R)
1.00 Underbelly: Vanishing Act (M, R)
2.00 Aussie Lobster Men (PG, R)
3.00 My Cat from Hell (PG)
4.00 Bobby Flay's Barbecue Addiction (G)
5.00 Mysteries at the Museum (PG)
6.00 American Pickers (PG)
7.00 The Chase USA (PG)
8.00 Newshub Live With Rebecca Wright.
8.30 Strictly Come Dancing (G)
9.25 Celebrity IOU (G)
10.25 The Chase USA (PG, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

MOVIES CLASSICS SKY 034

- 7.40 The Freshman (1990, PG) Marlon Brando, Matthew Broderick
9.20 The Ruling Class (1972, M) Peter O'Toole, Alastair Sim
11.50 Alvarez Kelly (1966, PG) William Holden, Richard Widmark
1.40 The Witches of Eastwick (1987, M) Jack Nicholson, Susan Sarandon
3.35 Pancho Villa (1972, PG) Telly Savalas, Clint Walker
5.05 Dirty Harry (1971, 16) Clint Eastwood, Andrew Robinson
6.45 A Fish Called Wanda (1988, M) A stuffy London lawyer gets involved with a gang of jewel thieves. John Cleese, Jamie Lee Curtis, Kevin Kline
8.30 Unforgiven (1992, M) A retired gunslinger reluctantly takes on one last job, with the help of his old partner and a young wannabe. Clint Eastwood, Gene Hackman, Morgan Freeman
10.40 Dirty Dancing (1987, PG) Patrick Swayze, Jennifer Grey
12.20am Goodfellas (1990, 16)
2.40 Fail Safe (1964, PG) 4.30 The Victors (1963, M)

RUSH FREEVIEW 14 SKY 024

- 6.00 Alaskan Bush People (PG, R)
6.45 Tanked (PG, R)
7.30 Wheeler Dealers (PG, R)
8.20 Inside West Coast Customs (PG, R)
9.10 Kindig Customs (PG, R)
10.00 Street Outlaws: No Prep Kings (M, R)
10.50 Alaskan Bush People (PG, R)
11.35 Tanked (PG, R)
12.25 Goblin Works Garage (PG, R)
1.15 Iron Resurrection (PG, R)
2.10 Texas Metal (PG, R)
3.00 Wheeler Dealers (PG, R)
3.50 Inside West Coast Customs (PG, R)
4.45 Alaskan Bush People (PG, R)
5.40 Tanked (PG)
6.35 Wheeler Dealers (PG)
7.30 Mysteries of the Deep (PG)
8.25 Expedition Unknown (PG)
9.20 NASA's Unexplained Files (PG)
10.15 Alaskan Bush People (PG)
11.05 Tanked (PG, R)
11.55 Wheeler Dealers (PG, R)
12.40am Programmes continue

RIALTO SKY 039

- 7.10 The Flood (2019, M) Lena Headey, Iain Glen
8.50 Larger Than Life: The Kevyn Aucoin Story (2017, M) US documentary.
10.35 Creation Stories (2021, 16) Ewen Bremner
12.25 The 8th (2020, M) Irish documentary.
2.05 Daughter of Mine (2018, M) Valeria Golino
3.40 I Am Jackie O (2020, M) Canadian documentary.
5.05 Only the Animals (2019, M) Denis Menochet
7.00 Mark Hunt: The Fight of His Life (2021, 16) NZ documentary.
8.30 Two Hands (1999, 16) A guy working at a strip club in Kings Cross loses \$10,000 he was entrusted to deliver for a local mob boss. Heath Ledger, Bryan Brown, Rose Byrne
10.05 James & Isey (2021, M) NZ documentary.
11.35 The Secrets We Keep (2020, 16) Noomi Rapace
1.10am Instinct (2019, 18) 2.50 Oranges and Lemons (2020, G)
3.10 The 8th (2020, M) 4.50 Two Hands (1999, 16)



SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s4ep12 **6.50** Judge Judy (PG) **7.15** The Closer (M) s4ep5 **8.05** The Mysteries of Laura (M) s1ep11 **8.50** The Good Wife (M) s1ep8 **9.40** Covert Affairs (M) s1ep8 **10.30** Judge Judy (PG) **11.20** Murdoch Mysteries (M) s14ep6 **12.10** Private Eyes (M) s5ep6 **1.05** The Inbetween (M) s1ep6 **2.00** The Closer (M) s4ep5 **2.50** The Mysteries of Laura (M) s1ep11 **3.40** The Good Wife (M) s1ep8 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s4ep12 **6.30** Covert Affairs (M) s1ep8 **7.30** Jamestown (16) s2ep1 **8.30** Downton Abbey (M) s6ep9 **9.30** The Drowning (M) s1ep2 **10.30** The Good Wife (M) s1ep8 **11.20** Judge Judy (PG) **11.50** Jamestown (16) s2ep1 **12.50am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (M) **6.35** QI (M) **7.10** EastEnders (PG) **7.40** The Bill (M) **8.30** A Touch of Frost (M) s6ep4 **10.20** Father Brown (M) s1ep10 **11.10** Doc Martin (PG) s9ep5 **Noon** Midsomer Murders (PG) s20ep2 **1.35** The Bill (M) **2.25** New Tricks (M) s3ep5 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Jonathan Ross Show (M) s16ep4 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** Richard Osman's House of Games Night (PG) s1ep4 **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** 8 Out of 10 Cats Does Countdown (M) **9.30** All Round to Mrs Brown's (M) s3ep5 **10.25** Hypothetical (M) s1ep5 **11.15** Midsomer Murders (PG) s20ep2 **12.50am** Programmes continue

SoHo SKY 010

6.45 American Rust (16) s1ep6 **7.40** Irma Vep (16) s1ep4 **8.35** What We Do in the Shadows (16) s3ep10 **9.05** Obama: In Pursuit of a More Perfect Union (M) s1ep3 **10.55** The Midwich Cuckoos (16) s1ep4 **11.45** I Love That for You (M) s1ep8 **12.15** Rap Sh!t (16) s1ep2 **12.50** Insecure (16) s5ep4 **1.25** American Rust (16) s1ep6 **2.35** The Midwich Cuckoos (16) s1ep4 **3.25** I Love That for You (M) s1ep8 **3.55** The Righteous Gemstones (16) s1ep4 **4.30** Work in Progress (16) s1ep6 **5.00** Absentia (16) s3ep5 **5.45** Britannia (18) s2ep8 **6.30** Fear the Walking Dead (18) s7ep13 **7.20** ZeroZeroZero (18) s1ep2 **8.30** Mare of Easttown (18) s1ep2 **9.30** Mind Over Murder (18) True-crime docuseries. s1ep6 **10.30** I May Destroy You (18) s1ep6 **11.00** Last Week Tonight with John Oliver (M) s9ep18 **11.35** The Rising (16) s1ep3 **12.20am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Mexican Made Easy (PG) **8.05** House Hunters (PG) **9.00** Mystery Diners (PG) **10.00** Restaurant: Impossible (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It UK (PG) **12.50** Location Location Location Australia (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Mexican Made Easy (PG) **4.45** Restaurant: Impossible (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It UK (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Every Family Has a Secret (PG) **9.30** Long Lost Family US (PG) **10.30** Location Location Location Australia (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Your Worst Nightmare (M) **6.55** Still a Mystery (M) **7.45** Reasonable Doubt (M) **8.35** Body Cam (M) **9.25** Nightmare Next Door (M) **10.20** Grave Secrets (M) **11.15** The Perfect Murder (M) **12.10** Your Worst Nightmare (M) **1.05** Obsession: Dark Desires (M) **2.00** I (Almost) Got Away with It (M) **2.55** Betrayed (M) **3.50** Pandora's Box: Unleashing Evil (M) **4.45** Your Worst Nightmare (M) **5.40** The Murder Tapes (M) **6.35** Body Cam (M) **7.30** Evil Lives Here (M) **8.30** Reasonable Doubt (M) **9.30** American

Detective with Lt. Joe Kenda (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Flightless: Bill Hammond's Cure for Being Kiwi **7.15** Rough Draft with Reza Aslan **7.40** Mesdames of Mayhem **8.00** Talking Heads: Alan Bennett Monologues (PG) **8.35** ■ Tintoretto: a Rebel in Venice (2019, G) **10.05** Speakeasy: Michael Stipe & Mike Mills **11.10** Put Some Colour in Your Life **11.35** Toni Morrison, Black Matter(s) **12.30** Video Killed the Radio Star **1.00** One Perfect Shot **1.30** Finding Your Roots **2.30** Flightless: Bill Hammond's Cure for Being Kiwi **3.15** Rough Draft with Reza Aslan **3.40** Mesdames of Mayhem **4.00** ■ Half Way (2015, G) **5.30** Forte **6.30** Anthems: New Zealand's Iconic Hits (M) **7.15** Stars of the Silver Screen: Robert Duvall **8.00** 1968: Photographic Acts (PG) **8.55** ■ You Are the Days to Come (2021, G) **10.05** ■ Maya Angelou: And Still I Rise (2016, G) Documentary. **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Rise of the Machines (M) **7.45** Homestead Rescue (PG) **8.35** Mighty Cruise Ships (PG) **9.25** Fast N' Loud (M) **10.20** Gold Rush: White Water (M) **11.15** Aussie Gold Hunters (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** Museum Mysteries (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Gold Rush: White Water (M) **4.45** Gold Rush: Parker's Trail (M) **5.40** Outback Opal Hunters (PG) **6.35** Extreme Ice Machines (PG) **7.30** Gold Rush: White Water (M) **8.30** Aussie Gold Hunters (PG) **9.30** Aussie Salvage Squad (PG) **10.30** Mysteries at the Museum (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Air Crash Investigation (M) **7.30** Nazi Megastructures: America's War (PG) **8.30** Drain the Oceans Best ofs (PG) **9.30** Dutch Caribbean Coastguard (PG) **10.30** Wicked Tuna (PG) **11.30** Inside North Korea: The Criminal State (M) **12.30** Air Crash Investigation (M) **1.30** Megastructures **2.30** Inside North Korea's Dynasty (M) **3.30** Narco Wars: The Mob (16) **4.30** Nature's Fury (PG) **5.30** Inside (M) **6.30** Drain the Oceans Best ofs (PG) **7.30** When Sharks Attack (M) **8.30** Shark Attack Files (M) **9.30** Air Crash Investigation: Special Report (M) **10.30** Air Crash Investigation (M) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 Crusaders (PG) **7.30** Secrets of the Lost Ark (PG) **8.30** Time Team **9.30** Lost Treasures of the Ancient World **10.30** Time Team **11.30** Abandoned Engineering (PG) **12.30** Henry VII: The Winter King (PG) **1.30** History's Raiders (PG) **2.30** Scorched Earth (PG) **3.30** The Fury and the Flames (PG) **4.30** Europe's Secret Armies (PG) **5.30** Lost Treasures of the Ancient World **6.30** Time Team **7.30** WWII: Witness to War (PG) **8.30** American Dynasties: The Kennedys (PG) **9.30** Europe's Last Warrior Kings (M) **10.30** Secrets of Britain (PG) **11.30** Myth Hunters (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Primates (PG) **6.55** Life Below Zero (M) **7.45** Where the Wild Men Are (PG) **8.30** Wonders of the Universe (PG) **9.30** The Truth About Antibiotics (PG) **10.35** The Dog Rescuers (PG) **11.20** 24 Hours in A&E (M) **12.10** Seven Worlds, One Planet (PG) **1.05** Wonders of the Universe (PG) **2.10** Primates (PG) **3.05** Cornwall with Simon Reeve (PG) **4.05** The Truth About Antibiotics (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (PG) **8.30** The Age of Nature (PG) **9.30** The Planets: Minisodes (PG) **9.35** Secrets of Bones (PG) **10.35** Seven Worlds, One Planet (PG) **11.30** Cornwall with Simon Reeve (PG) **12.35am** Programmes continue



BBC Earth: Cornwall with Simon Reeve, 3.05pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 PGA Tour, Wyndham Championship, round 1, **live** **10.00** The Crowd Goes Wild **10.30** NRL, Sydney Roosters v Brisbane Broncos, replay from Sydney Cricket Ground **12.30** The Late Show with Matty Johns **1.30** Sky GrassRoots Rugby **2.30** SailGP Great Britain Highlights **3.00** Inside Netball **3.30** IndyCar, Gallagher Grand Prix, highlights from Indianapolis Motor Speedway Road Course **4.30** Sky GrassRoots Rugby **5.30** PGA, DP World Tour, Cazoo Open, round 1, highlights from the Celtic Manor Resort, Newport, Wales **6.00** Golf, Women's British Open, round 1, highlights from Muirfield, Scotland **6.30** PGA Tour, round 1, highlights **7.00** National Provincial Championship, Manawatu v Canterbury, from Central Energy Trust Arena, Palmerston North, **live** **9.00** Sky GrassRoots Rugby **10.00** Golf, Women's British Open, round 2, from Muirfield, Scotland, **live** **5.00am** NRL, Melbourne Storm v Gold Coast Titans, replay from AAMI Park, Melbourne

Sky Sport 2 SKY 052

6.00 ATP 500, Citi Open, day 3, match of the day from Rock Creek Park Tennis Center, Washington DC **1.00** Golf, Women's British Open, round 1, highlights from Muirfield, Scotland **1.30** Golf, PGA Tour, round 1, highlights **2.00** DP World Tour, Cazoo Open, round 1, highlights **2.30** Sal's NBL, Taranaki Airs v Nelson Giants, replay from TSB Stadium, New Plymouth **4.30** Inside Netball **5.00** Cycling, Tour of Poland, stage 6, Szaflary to Bukovina Resort, replay **7.00** The Darts Show **7.30** Sal's NBL, Southland Sharks v Franklin Bulls, from ILT Stadium Southland, Invercargill, **live** **9.30** AFL, **live** **12.30am** Fox Sports News **1.30** Sal's NBL Women Round 5 Highlights **2.30** DP World Tour, Cazoo Open, round 2, from the Celtic Manor Resort, Newport, Wales, **live**

Sky Sport 3 SKY 053

6.30 The Crowd Goes Wild **7.00** Inside Netball **7.30** World Athletics Championship U20s, day 4, session 2, from Santiago de Cali, Colombia, **live** **Noon** Cycling, Tour of Poland, stage 6, Szaflary to Bukovina Resort, replay **2.00** Inside Netball **2.30** NRL, Sydney Roosters v Brisbane Broncos, replay from Sydney Cricket Ground **4.30** Once a Warrior with Monty Betham **5.00** The Ditch **5.30** NRL, Sydney Roosters v Brisbane Broncos, highlights **6.00** The Late Show with Matty Johns **7.00** NRL, Melbourne Storm v Gold Coast Titans, from AAMI Park, Melbourne, **live** **9.55** NRL, Manly Sea-Eagles v Parramatta Eels, from 4 Pines Park, Sydney, **live** **12.45am** The Ditch **1.20** World Athletics Championship U20s, day 5, session 1, from Santiago de Cali, Colombia, **live** **5.00** Fox Sports News

RNZ Concert

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NB: Programmes are subject to change depending on Covid level restrictions at time of broadcast

SATURDAY

News and Weather 6.00, 8.00, 9.00, noon
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **2.00** Worlds of Music with Trevor Reekie **3.00** RNZ Concert Afternoons **5.00** Inside Out with Nick Tipping **7.00** RNZ Concert Evenings **8.00** **Music Alive** Christchurch Symphony Orchestra: Romantic Masters – Berlioz: Roman Carnival Overture; Saint-Saens: Piano Concerto No 5 Op 103 'Egyptian'; Dvorak: Symphony No 7 in D minor, Op 70, Somi Kim (piano), Christchurch SO/Luke Dollman (recorded in the Christchurch Town Hall) **9.30** **BBC Proms 2022** Proms at Belfast: Xenakis: Allegro Molto; Xenakis: Akea; Messiaen: Pièce pour piano et quatuor à cordes; Xenakis: Ittidra; Ravel: Pavane for a Dead Princess; Xenakis: À r. (Homage à Ravel); Messiaen: Quartet for the End of Time (8) Louange à l'Immortalité de Jésus, Hebrides Ensemble (recorded in Waterfront Hall Studio, Belfast) **12.00am** Music Through the Night

SUNDAY

News and Weather 6.00, 8.00, 9.00, noon
6.00 Sanctuary **7.30** Hymns on Sunday with Robyn Jaquierey **8.00** Grace Notes **9.00** RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** The Musical Omnivore with David Morriss **5.00** New Horizons with William Dart **6.00** **Opera on Sunday** BBC Proms 2022: Purcell's Dido and Aeneas – Alice Coote (Dido)



Dalia Stasevska,
Music Alive,
Friday, 8pm.

James Newby (Aeneas) Gemma Summerfield (Belinda) Madeleine Shaw (Sorceress), La Nuova Musica/David Bates (harpsichord/conductor) (recorded in the Royal Albert Hall, London) **9.00** Made in New Zealand **11.00** New Music Dreams **12.00am** Music Through the Night

MONDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert

Days **1.00** **Onstage** BBC Proms: John Wilson conducts the Sinfonia of London – Vaughan Williams: Fantasia on a Theme by Thomas Tallis; H Watkins: Flute Concerto; Bax: Tintagel; Walton: Partita for Orchestra; Elgar: Variations on an Original Theme Op 36, Enigma, Adam Walker (flute), Sinfonia of London/John Wilson (recorded in Royal Albert Hall, London) **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00** **Music Alive** NZSO Beethoven Festival: Destiny – Beethoven: Symphony No 4 in B flat Op 60; Symphony No 5 in C minor Op 67, New Zealand SO/Edo de Waart (2 of 4, recorded in Michael Fowler Centre, Wellington) **10.00** Day's End **12.00am** Music Through the Night

TUESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00** **Music Alive** CMNZ: Juilliard415 – Handel: Overture, Agrippina; Marais: Dances from Sémélé; Vivaldi: Flute Concerto in G minor, RV439 "La notte"; Muffat: Sonata No 5 in G, from Armonico tributo; Corelli: Concerto grosso in D Op 6/7; Whitehead: time steps out of line (premiere); Rameau: Suite from "Dardanus", Juilliard415/Robert Mealy (violin/dir) (recorded in Holy Trinity Cathedral, Auckland) **10.00** Day's End **12.00am** Music Through the Night

WEDNESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert

RNZ National

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SATURDAY

6.08 Storytime **6.55** News 2 Me **7.08** Country Life **8.10** Saturday Morning with Kim Hill **12.10** **Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **1.06** Music 101 with Charlotte Ryan **5.00** The World at Five **5.30** **Tagata o te Moana** Pacific news, issues, information and music **6.06** **Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **7.06** **Saturday Night with Phil O'Brien** Requests, nostalgia and musical memories **12.04am** All Night Programme

SUNDAY

6.08 Storytime **7.10** Features Hour **8.06** **Sunday Morning with Jim Mora** Including 9.06 Mediawatch **12.12** **Standing Room Only with Lynn Freeman** Including 1.10 At the Movies 2.05 The Laugh Track **3.05** Classic Drama **4.06** The Arts Hour (BBC World Service) **5.00** The World at Five **5.10** Heart and Soul (BBC) **5.35** **Te Manu Korihi** Māori news and issues **6.06** **Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from business leaders to artists and community advocates **6.50** Voices **7.04** **Smart Talk** Conversations recorded around Aotearoa and the world **8.06** The Sunday Night Retro Show with Phil O'Brien **10.00** News at Ten **10.15** Mediawatch **11.04** The Retro Cocktail Hour (KPR) **12.04am** All Night Programme

MONDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04** **Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **12.04am** All Night Programme

TUESDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04** Worlds of Music with Trevor Reekie **12.04am** All Night Programme

WEDNESDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04** **Inside Out** Nick Tipping presents classic recordings and modern masterpieces from the world of jazz. **12.04am** All Night Programme

THURSDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04** Music 101 Pocket Edition **12.04am** All Night Programme

FRIDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04** The Mixtape **12.04am** All Night Programme

WellBeings with
Dominic Bowden,
Saturday, 9am.



Days **1.00 Onstage** A showcase of live performances **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** BBC Proms 2022 – Vaughan Williams and Michael Tippett: Full Fourth – Vaughan Williams: Symphony No. 4 in F minor; Tippett: Symphony No. 4, BBC Philharmonic/Andrew Davis (recorded in Royal Albert Hall, London) **10.00** Day's End **12.00am** Music Through the Night

THURSDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** Live from the Auckland Town Hall – APO Premier Series: Firebird – Fisher: Tupaia; Falla: Nights in the Gardens of Spain; Boulanger, L: D'un matin de printemps; Boulanger, L: D'un soir triste; Stravinsky: The Firebird, Suite, Javier Perianes (piano), Auckland Phil/Shiyeon Sung **10.00** Day's End **12.00am** Music Through the Night

FRIDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** BBC Proms 2022: Russian Romance and Icelandic Elements, Alexander Gavrylyuk (piano), BBC Symphony Orchestra, BBC Singers/Dalia Stasevska (recorded in Royal Albert Hall, London) **10.00** Day's End **12.00am** Music Through the Night

Newstalk ZB newstalkzb.co.nz

SATURDAY

6.00 Jamie McKay **7.00** D'Arcy Waldegrave **9.00** Jack Tame Noon Sportstalk **3.00** Tim Roxborough & Tim Beveridge **6.00** Roman Travers **12.00am** Jim Snedden

SUNDAY

6.00 Peter Wolfkamp **9.00** Francesca Rudkin Noon Sportstalk **3.00** Tim Roxborough & Tim Beveridge **6.00** Frank Ritchie & Jax van Buuren **7.30** John Cowan **8.00** Miles Davis **11.00** The Nutters Club **1.00am** Roman Travers

MONDAY-FRIDAY

5.00 Kate Hawkesby **6.00** Mike Hosking **9.00** Kerre Woodham Noon Simon Barnett & James Daniels (Andrew Dickens on Monday) **4.00** Heather du Plessis-Allan **7.00** Sportstalk **8.00** Marcus Lush **12.00am** Roman Travers/Tim Beveridge

Today FM todayfm.co.nz

SATURDAY

6.00 Nigel Yalden **9.00** WellBeings with Dominic Bowden Noon Robett Hollis **2.00** Sport with Marc Peard & John Day **6.00** Saturday Night Live

SUNDAY

6.00 Best of Tova & Lloyd Burr Live **7.00** Build & Design with Hamish Dodd & Stan Scott **9.00** Mel Homer Noon Buttabeen Radio Show with Dave Letele & Nats Levi **2.00** Graeme Hill **7.00** Podcast Payout **8.00** Polly Gillespie

MONDAY-THURSDAY

5.00 Rachel Smalley **6.30** Tova O'Brien **9.00** Duncan Garner Noon Leah Panapa & Mark Richardson **4.00** Lloyd Burr **7.00** Graeme Hill (Wilhelmina Shrimpton on Monday) **8.00** Polly Gillespie

FRIDAY

As above until evening **7.00** Podcast Payout **8.00** Friday Night Nickson

Classical

by ELIZABETH KERR

Minority report

Orchestras in this country are leading the way in welcoming women on to the podium.



When Gemma New takes the podium for the New Zealand Symphony Orchestra's seven concerts in Wellington and Auckland this week and next, she does so as the first New Zealander to hold the role of principal conductor since the 1950s. In something of a marathon, she'll conduct four concerts with American violinist Hilary Hahn and three with English pianist Paul Lewis over just eight days.

As well, New is the first woman in the NZSO role, although New Zealand audiences are becoming accustomed to female conductors. While New conducts in Wellington, Shiyeon Sung returns to the Auckland Philharmonia Orchestra's podium – the first Korean female conductor working with international orchestras.

Does gender on the podium make a difference? There's evidence that women conductors are more likely to support women composers, another under-represented group in classical music. Sung, billed as a trailblazer, conducts the APO in music by New Zealander Salina Fisher and French composer Lili Boulanger alongside Stravinsky's *The Firebird*. Mainly, though, the gender issue seems to be one of equity of opportunity. Certainly in the US in the #MeToo era, the dearth of women conductors receives plenty of attention.

Do double standards apply? American conductor Marin Alsop, a strong advocate for women conductors, suggests "society interprets women's gestures very differently; if women exude an aura of extreme

Marathon effort: Gemma New will conduct seven concerts over just eight days.

confidence, that can be deemed off-putting, whereas it's desirable for men." Earlier this year, New, always dynamic with the baton, was chastised by a Dallas critic for "extravagant acrobatics" and "enormous gestures", while he admitted the orchestra "played well anyway".

New, as principal guest conductor of the Dallas Symphony Orchestra, was included in the "up-and-coming" list in a *New York Times* article last September, headlined "Top Orchestras Have No Female Conductors. Is Change Coming?" The NYT lamented that, with Alsop's departure in August after 14 years at the Baltimore Symphony Orchestra, no women at all held music director roles with the 25 largest American orchestras. A month later, the same writer celebrated the appointment of Nathalie Stutzmann to lead the top-tier Atlanta Symphony Orchestra. "I'm just looking for equality," the Frenchwoman said on taking the role. "That we will one day not be considered a minority." ■

NZSO IMMERSE, with Gemma New (conductor) and Hilary Hahn (violinist), Wellington, August 4, 6 & 7; Auckland, August 5.

APO FIREBIRD, with Shiyeon Sung (conductor) and Javier Perianes (piano), Auckland, August 4, broadcast live.

NZSO IMMERSE, with Gemma New (conductor) and Paul Lewis (piano), August 12, 13 & 14, featuring Beethoven piano concertos.

GREG
DIXON

Past time for a pastime

I am in need of a hobby. No ageing personage (56 and rising!) is complete without one, yet I find myself without a leisure-time activity of any sort, or at least one that doesn't involve a screen of some kind.

Proper hobbies, recent research shows, not only make you happy but may help you be more successful, protect you from dementia in later life and improve your physiology and heart function. The humble hobby is a miracle panacea.

Almost everyone I know has had one for years. Michele, as you will know, has her gardening. Between storms – the latest of which again flooded the place – she likes nothing more than poking her dibble stick and other such gardening arcana.

One old friend has taken up watercolours. She's very good. Meanwhile, another, the DJ, having bought his first record as a lad in the 1970s, now has a collection of LPs and singles running into the many thousands. In his spare moments, Blokesy Stokesy, our mate who lives around the bend, pursues his double hobbies of shooting wild things and throwing a line in a river.

My hobbying hero is my 85-year-old father. As recently mentioned, he has his stamps, but that's nothing. Throughout his life, he has had a succession of hobbying obsessions, including making and flying balsa-wood model planes, acquiring and rebuilding various vintage cars, making plastic models (including one of the

Titanic), collecting bits of old kit such as ancient theodolites, fussing over his mint-condition 1970s MGB, and complaining about the fecklessness of various local-government officials in Tauranga.

His son is a complete failure as a hobbyist. All I have to show for a lifetime's leisure time is

his spare time." But what?

One online guide to finding the perfect hobby suggests doing a formal test to find out your personality type, so that you can select the hobby that best aligns with the inner you. I don't need such a test. I know my personality type already – skinflint – so I am

Dismal", a series of photos of dreary early-morning street scenes. This is the sort of low-cost pastime I'm looking for.

However, Martyn is also a salutary lesson to be careful in choosing a hobby. Before he began taking endless pictures of storefronts and dismal streets, Martyn was married. He no longer is. "My ex-wife thought I was incredibly boring," he says. "It was the one thing we could agree on."

I do have one occasional pastime: betting against the All Blacks. Although much of the country – probably most of it – views our national men's rugby team as "humble heroes", "putting the country on the map" and "proving we can punch above our weight", I've long been inclined towards the view the 21st-century All

Backs are overhyped, overpaid, overrated and suffer from an overgrown sense of entitlement about winning. (Please keep the letters of complaint to under 300 words.)

I'll admit betting against the All Blacks can be – in most eras – a mug's game. But their recent record under coach Ian Foster has made my little hobby much more rewarding, quite literally. While I did \$20 on the first game against Ireland, I made \$72 back off the second, and \$27 on the third.

So that's \$79 profit from the Irish tour. Bring on South Africa. For my money, Foster is the best All Blacks coach of the modern era. Long may he lead his team to defeat! ■



I've long been inclined towards the view that the 21st-century All Blacks are overhyped, overpaid and overrated.

a half-finished model Spitfire in the shed, and the world record for rewatching *Seinfeld* (approximately nine million times).

For what remains of my time, something more substantial is needed to fill in the bits in between. Something relaxing yet stimulating, something that when people, on hearing that it is my hobby, will think, "Yes, that sounds exactly like the sort of thing that pillock would do in

taking considerable inspiration from Britain's Dull Men's Club.

Its members' hobbies include such cheap and cheerful pastimes as protecting the apostrophe, a beer can obsession, photographing roundabouts, cataloguing bandstands and collecting railway timetables. One member, a bloke called Martyn, has spent years taking photos of rundown London storefronts. He has since launched "Project

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A close-up photograph of a person's hands using red-handled pruning shears to harvest a large, ripe yellow lemon from a tree. The person is smiling and looking down at the fruit. The background shows more lemons and green leaves on the tree.

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